

# Record of your mood

You might find it useful to keep a record of how you feel. You can talk about it with your health care professional, who may be able to suggest things to help. You can download more copies of this page at [blf.org.uk/self-help](http://blf.org.uk/self-help)

## How I feel today

*Not great* < 0 1 2 3 4 5 6 7 8 9 10 > *Really good*

Today I'm worried about

.....

.....

Date:

- My concerns are:  Practical  Emotional  
 The future  Spiritual or religious  Lifestyle  
 Financial  Family or relationships

My plan of action is to...

.....

.....

## How I feel today

*Not great* < 0 1 2 3 4 5 6 7 8 9 10 > *Really good*

Today I'm worried about

.....

.....

Date:

- My concerns are:  Practical  Emotional  
 The future  Spiritual or religious  Lifestyle  
 Financial  Family or relationships

My plan of action is to...

.....

.....

## How I feel today

*Not great* < 0 1 2 3 4 5 6 7 8 9 10 > *Really good*

Today I'm worried about

.....

.....

Date:

- My concerns are:  Practical  Emotional  
 The future  Spiritual or religious  Lifestyle  
 Financial  Family or relationships

My plan of action is to...

.....

.....

