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**

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		
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How I feel today Not great < 0 1 2 3 4 5 6 Today I'm worried about	7 8 9 10 > Really good	

Date:

Spiritual or religious

Family or relationships

Emotional

Lifestyle

My concerns are: Practical

My plan of action is to...

The future

Financial

