

## Daily Mood Diary

Day: \_\_\_\_\_ Date: \_\_\_\_\_

It is recommended that you complete a daily mood diary for at least two weeks in order to identify any patterns. Share this mood diary with your GP or Mental Health Team.

Time	Mood Rating (1 to 10)	Activity	Triggers
6:00-8:00			
9:00-11:00			
12:00-15:00			
16:00-18:00			
19:00-21:00			
22:00-23:00			
00:00-02:00			
03:00-05:00			

### Mood Rating

Rate your mood using the following scale:

- **1** – The worst you've ever felt. Suicidal thoughts that are difficult to ignore. Feelings of depression: hopelessness, guilt, sadness or nothing. Impossible to do anything.
- **2-3** – Feeling low. Slow thinking or limited concentration span. Sleeping more or less than normal. Feelings of depression: hopelessness, guilt, sadness or nothing. Struggling to do daily tasks. May require breaks for hours at a time due to exhaustion following completion of a task.
- **4** – Feeling low. But you may be able to function in day to day life.
- **5** – Feeling neither good nor bad. Being able to do the activities of daily living.
- **6-8** – Feeling good. Really good. Optimistic, very productive. Doing everything to excess: talking, tasks and are super social. May flip from task to task without completing them.
- **9** – Feeling amazing. High levels of confidence in yourself. Rapid thinking and talking. Feeling good for no reason or despite things going on in your life. Very creativity and full of ideas.
- **10** – The best you've ever felt. You feel like you can do anything. You may begin to hallucinate or think/feel things that are not real. You may spend ridiculous amounts of money.

**You can download a printer friendly version of this mood diary from:**  
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