

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 Other

My plan of action is to...

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