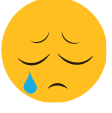










# HOW ARE YOU FEELING?



0/10 = no emotion 10/10 = maximum intensity of emotion

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SAD							
 ANGRY							
 WORRIED							
 EMPTY							
 TIRED							
 HAPPY							
 CALM							

Our emotions can change regularly so it can be useful to keep a track on how you are feeling and how strong these feelings are. This is so that you can see how your moods change throughout the day and week.

When we are feeling sad or worried we can sometimes think that we will always feel this way but by tracking our mood you will be able to see how it can vary. If you notice that you are feeling sad, worried or angry regularly this might be a good time to ask for help and talk to someone about how you are feeling.