

# ***WHAT'S YOUR MOOD? WORKSHEET***

Have you ever been asked “How are you doing?” and weren’t really sure how to even start to answer that question honestly? If that sounds familiar, you’re not alone. It’s often a gut reaction to just reply with “Fine.” But connecting to your moods and the spectrum of your experience is an important part of knowing how to best care for yourself in any given season. It’s also sometimes harder to remember the moments that feel lighter or sunnier when the storm appears so big.

However, there is a lot of value in cultivating a practice of mood-tracking to allow yourself to notice the patterns over time, as well as become more aware of potential situations or environments that cause emotional distress. This information helps you take action to better prepare, understand, and care for your mental health.

## **WHAT IS MOOD JOURNALING?**

Mood journaling involves recording your emotions, thoughts, and experiences on a regular basis. Ideally, you take a moment each day to reflect on how you’re doing. It helps to choose a particular time of day to reflect, which can be done first thing in the morning as a reflection of the prior day or at night to reflect on the day you just experienced. The time doesn’t really matter as much as the consistency of journaling and tracking as we’re quick to forget or re-write our stories as we get farther away from a specific experience.

Mood journaling can be done by long-form writing, drawing, using a mood chart, or using digital apps like TWLOHA’s free app, The Hopeful.

## **BENEFITS OF MOOD JOURNALING:**

- **Helps identify negative emotions:** This enables you to recognize and label your emotions, making it easier to manage them effectively.
- **Encourages healthy coping strategies:** This promotes the development of positive coping mechanisms to deal with stress and difficult emotions.
- **Explores underlying issues:** This facilitates the exploration of underlying thoughts, beliefs, and experiences that may contribute to your mood.
- **Promotes self-expression:** This provides a safe space to express yourself freely and authentically, fostering personal growth and insight.

## A Tool for Your Mood Tracking: The Hopeful App

Developed by **To Write Love on Her Arms (TWLOHA)**, *The Hopeful* is a FREE mobile app designed to help users track their moods, access coping resources, and connect with a supportive community.



Download *The Hopeful* now from the Google Play or Apple App Store, or head to [twloha.com/thehopeful](https://twloha.com/thehopeful).