## **Mood/Anxiety Journal**

Fill in one sheet a week to track influencers on your mood and/or anxiety over time. This will allow you to look for trends and identify variables that positively and negatively effect your mood/anxiety. You can add other influencers in the blank rows (eg. Menstural cycle, weather, etc.) For treatments, track medication dosages and side effects and/or counselling appointments. For alcohol use, track the number of drinks consumed. For all other categories, use a system of symbols or words that works for you. For example: poor = \*, fair = \*\*, good = \*\*\*, excellent= \*\*\*\* OR mild/moderate/severe.

Mood/Anxiety Influencers	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:	Sunday Date:
Sleep							
Exercise							
Life Stress							
Treatment							
Alcohol Use							
Anxiety							
Mood							