

# DAILY MOODS

A MENTAL HEALTH JOURNAL



healthcare  
education  
project

**THIS JOURNAL  
BELONGS TO:**

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# HOW TO USE THIS JOURNAL

This journal contains 52 daily mood pages. Use these pages to check in with yourself mentally and emotionally while creatively expressing yourself.

## Helpful Tips

- Write in the current date.
- Shade in the emoticon that best captures your current mood.
- Consider three things you can do to improve your mood and what will support your best mood. If already feeling great, what can you do to sustain that mind state?
- When thinking of people to help support your mood, consider people you feel safest with like a parent, family member, coach, or friend.
- Get creative! Use the free space for journaling, doodling, or whatever else comes to your mind!
- Challenging days don't have to linger. Tear off each page that may bring back negative feelings.



COLOR YOUR DAY



# DAILY MOODS

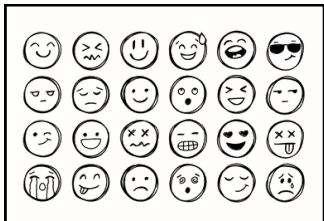


DATE

WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

# DAILY MOODS

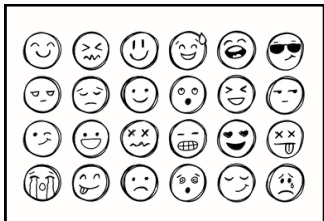


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I ACCEPT MYSELF FOR WHO I AM.

# DAILY MOODS

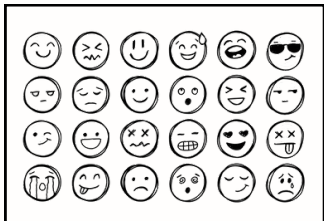


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I AM STRONG.

# DAILY MOODS

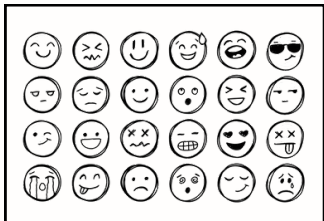


DATE

WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I AM CAPABLE.



# DAILY MOODS

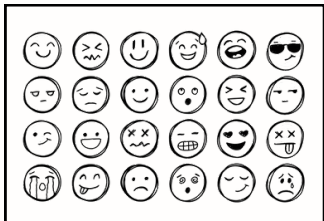


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

EVERYTHING WILL BE OKAY.

# DAILY MOODS

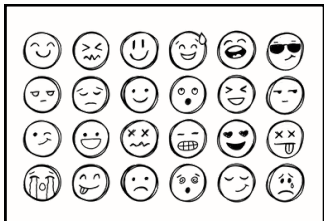


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I HAVE CONFIDENCE AND COURAGE.

# DAILY MOODS

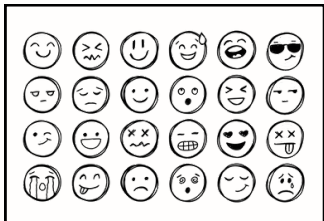


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

# DAILY MOODS

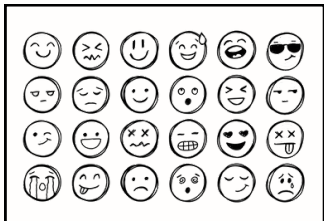


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I CAN DO ANYTHING.

# DAILY MOODS

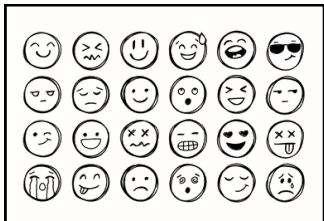


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CURRENT MOOD



FREE SPACE

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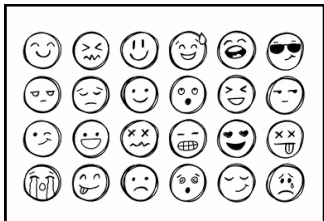


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

MISTAKES HELP ME LEARN AND GROW.

# DAILY MOODS

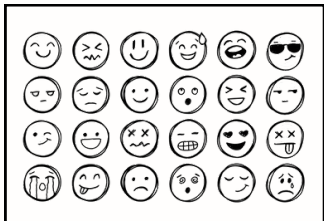


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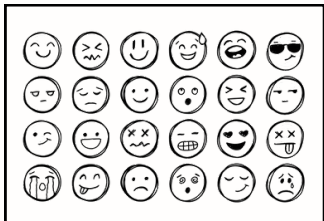


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I CAN ASK FOR A HUG WHEN I'M SAD.



# DAILY MOODS

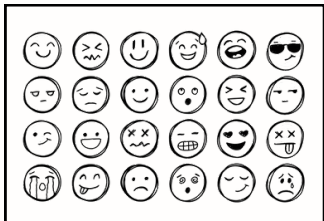


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I AM THANKFUL FOR TODAY.

# DAILY MOODS

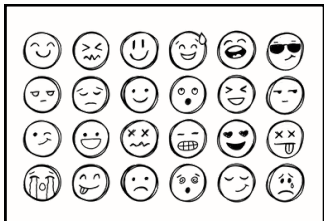


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I AM BEAUTIFUL.

# DAILY MOODS

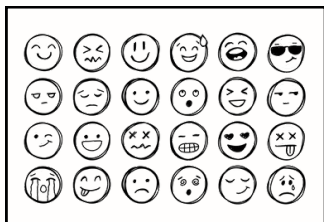


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

MY THOUGHTS AND FEELINGS ARE IMPORTANT.

# DAILY MOODS

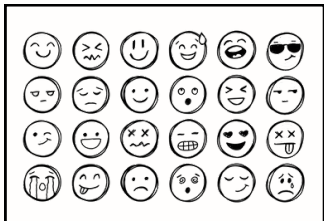


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CURRENT MOOD



THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

FREE SPACE

# DAILY MOODS

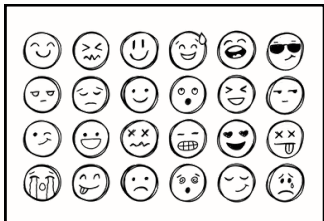


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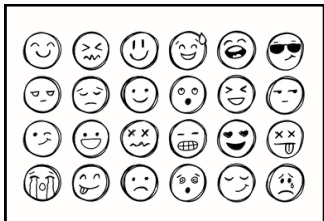


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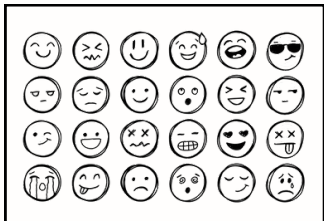


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I CHOOSE MY ATTITUDE.

# DAILY MOODS

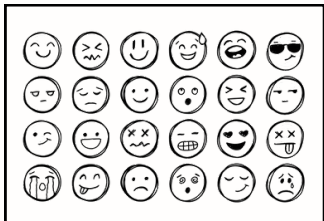


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I AM UNIQUELY WONDERFUL.



# DAILY MOODS

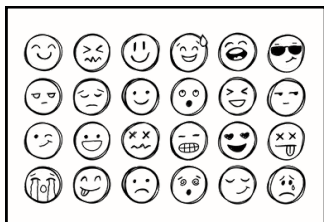


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I CAN ASK FOR SUPPORT.

# DAILY MOODS

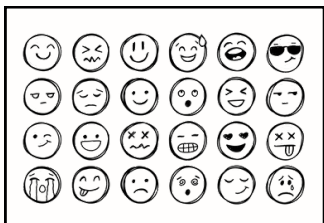


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I AM SAFE AND CARED FOR.

# DAILY MOODS

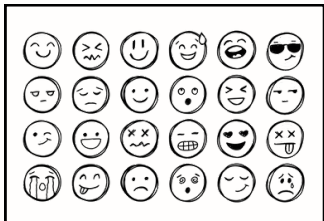


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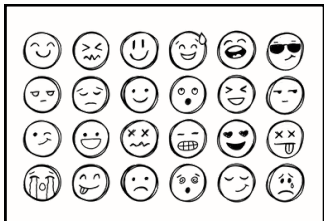


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

MY LIFE IS FUN AND FILLED WITH JOY.

# DAILY MOODS

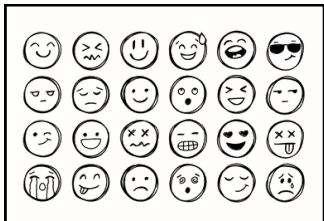


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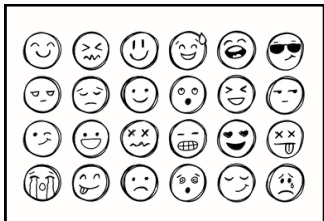


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



FREE SPACE

THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

I AM PROUD OF MYSELF.

# DAILY MOODS

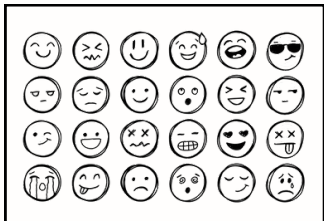


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WHO CAN I CALL FOR SUPPORT?



CURRENT MOOD



THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

FREE SPACE

TODAY, I WILL SHINE.

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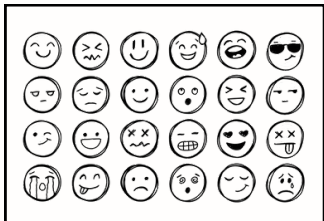


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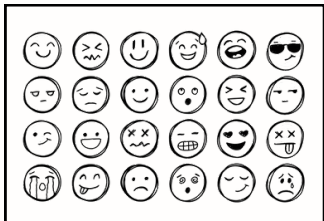


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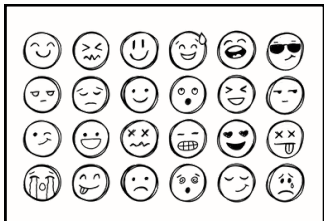


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CURRENT MOOD



THREE THINGS I CAN DO TO IMPROVE OR SUSTAIN MY MOOD:

FREE SPACE

MY FUTURE IS BRIGHT.

# RESOURCES

Sometimes it can feel as though your struggle is being underestimated by your age. Support is available.

- The **Child Mind Institute** ( [www.childmind.org](http://www.childmind.org) or **212-308-3118** ) offers counseling sessions by phone, among other resources
- NYC Teenspace is a free mental health support program available to teenagers ages 13 to 17 living in New York City. To access resources visit [talkspace.com/nyc](http://talkspace.com/nyc).
- A warmline is a peer-run listening line staffed by people in recovery themselves, offering emotional support from peers. For a list of numbers by state, check [warmline.org](http://warmline.org).

# ABOUT

## About the Healthcare Education Project

The Healthcare Education Project is a joint effort of 1199SEIU United Healthcare Workers East and the Greater New York Hospital Association. Together, the two organizations represent 350,000 healthcare workers and over 250 non-for-profit hospitals, nursing homes, and home care providers.

HEP's mission is to protect and expand access to quality, affordable healthcare for all Americans through education, advocacy, and coalition building.

