# THE MOOD THERMOMETER

## A TOOL TO HELP YOU TRACK YOUR MOOD

ALUMINA



**5 — OVERWHELMED**
(Explosive, triggered)

- Call a crisis line
- Splash cold water on face
- Vigorous exercise

**4 — FRUSTRATED**
(Irritable, on edge, can't focus)

- Listen to loud music
- Get outside for some air
- Try painting your anger

**3 — UNSETTLED**
(Anxious, worried, restless)

- Breathing exercise
- Grounding techniques
- Try some self-care to lower anxiety

**2 — NEGATIVE**
(Sad, lonely, quiet)

- Journal
- Colour in positive affirmation
- Watch something funny

**1 — CALM**
(Peaceful, happy, smiling)

- Relax
- Support others
- Enjoy feeling this way

### How to use the thermometre:

During the course of a day, our mood can change dramatically, perhaps we woke up calm but by the evening we can find ourselves restless or frustrated. Identifying patterns in your mood can help you to prepare ways to 'lower your mood temperature' and calm yourself down ahead of when you need them. Use the chart below to track your mood over the course of the week.

| DAY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|---|
| MORNING | | | | | | | | | |
| AFTERNOON | | | | | | | | | |
| EVENING | | | | | | | | | |