



*We won't shrink away from Suicide or Self-harm*

## Mood tracker

Regularly tracking your emotional rhythms is a powerful way to take care of your mental health. This activity is to actively reflect and complete the attached Mood Tracker to track your emotions and feelings.

Use the mood tracker wheel to record how you feel on a daily basis and use the space below to record your reflections. As time goes on, you'll be able to identify pattern, triggers which are affecting your wellbeing, which will encourage you to reflect and act.

It can be easy to become so focused on your to-do lists and responsibilities that you can go all day without noticing how you truly are feeling. While you may not be aware of your feelings, they are often impacting what you say and do, so it's important to tune in and acknowledge how you are doing so that you can appropriately attend to the feeling.

At times feelings may be murky, elusive, and confusing. Sometimes big and intense and other times quiet, buried away and hard to recognize. While words may fall short in fully capturing the essence of emotion, they serve to identify and then communicate our experience. The *Feeling wheel* below to identify and then communicate your experience.

Your feelings are a result of different internal and external factors, including:

- the amount of sleep you had last night
- the weather
- your relationships
- the food you eat
- how much you exercise
- your physical environment
- interactions you have with others
- your health
- your hormones

It's valuable to reflect on how you're feeling to understand if there is something specific that is contributing to your mood or a pattern that is playing out. You may be able to make a few simple changes in your life to do more of what helps you feel good and less of what's causing extra stress or difficult feelings.

It's also helpful to notice if you tend to avoid feeling or numb yourself. At some point in your life, you may have been shamed for feeling a particular way and so adapted by learning to push your emotions away. The trouble is that numbing the difficult emotions means you also numb the good ones. You may notice that leaning into positive feelings may be surprisingly challenging. Many people start to worry about good feelings going away before they even get the chance to experience positive emotions. Keep practicing! Savouring good feelings, like joy, peace, and love can rewire your brain to experience more good feelings.



# Violet Project

*We won't shrink away from Suicide or Self-harm*

