

## SOCIAL INTERACTION AND MOOD

Does your mood impact your social interactions with others? Do you find yourself reaching out to others or isolating yourself? For the next week, track your mood and rate your level of social interaction. What strategies can you use to help increase positive interactions with others?

	<b>Describe Mood</b>	<b>Notable Events</b>	<b>Social Interaction</b>
<b>Example</b>	Tired, irritable	Large assignment due & difficulty getting started	Stayed to myself, ate dinner with my parents, didn't speak much
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			