

Daily planner for improving low mood

Record your mood, activities, thoughts and feelings here.

Do they change or stay the same?

	DATE:						
Morning 	Mood: 😞 1 2 3 4 5 😊 What happened/what did you do?						
After-noon 	Mood: 😞 1 2 3 4 5 😊 What happened/what did you do?						
Evening 	Mood: 😞 1 2 3 4 5 😊 What happened/what did you do?						
Night 	Mood: 😞 1 2 3 4 5 😊 What happened/what did you do?						
Overall weekly mood rating	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

We understand that moods can change when unexpected things happen, and sometimes it's really hard to pull yourself out of a low mood. Use this daily planner to help boost your mood cycle.

Things that make me SMILE

-
-
-

Things I will do to look after MYSELF

-
-
-

My daily act of KINDNESS

THOUGHT

Does this thought help you to feel good?

NO **YES**

Think of a positive thought to replace it or make a plan to manage it.

Write it down, put it in a jar, and keep it to read again. Open your jar in a week and see what nice thoughts you had!

NEW THOUGHT / PLAN

Grounding technique

Use this to bring your thoughts back to the present moment.

5	4	3	2	1
Things I can see	I can touch	I can hear	I can smell	I can taste

With **all of us** in mind.

Resources

Here are some useful websites and contact details:

CAMHS Single Point of Access

Call: 01977 735865 9am-5pm

Free information, advice and support for young people.



www.childline.org.uk - email, chat online, or phone: 0800 1111

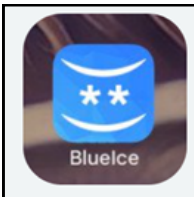


www.kooth.com (for 11 to 19 year olds)



www.wf-i-can.co.uk

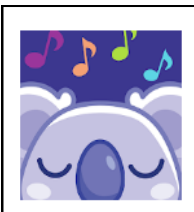
Apps



Bluelce
For managing mood and urges to self-harm
FREE



Worriots
For children to offload their worries. Companion app for parents - Wotnot
£ In-app purchases



Moshi: Sleep & Mindfulness
For parents to help their children settle
£ In-app purchases



MeeTwo
A safe space for teenagers to discuss any issues.
FREE



PAPYRUS
PREVENTION OF YOUNG SUICIDE

www.papyrus-uk.org

Call: 080 0684 141 or
text: 07786209697 for support



www.youngminds.org.uk

Resources for children and young people, parents and professionals.



www.elefriends.org.uk

A safe place to listen and share.



www.themix.org.uk

Helpline: 080 8808 4994

Text: THEMIX to 85258 for crisis support.



www.docready.org

Helps to prepare people to talk to their GP about mental health.

www.southwestyorkshire.nhs.uk/services/camhs-wakefield/

With **all of us** in mind.