



Mood swings can be difficult for the whole family. Keep track of your emotions and discuss them with loved ones and you can start to identify the true source of your moods. It will keep you in high spirits while keeping an eye on the lows.

Instructions

Take a few minutes every evening to check your emotions. Colour in the space with the emotions you're experiencing.



HAPPY, OVERJOYED, EXCITED



CALM, RELAXED, PEACEFUL, REFRESHED



ENERGETIC, PRODUCTIVE, MOTIVATED, FOCUSED



NORMAL, CONTENT



SAD, LONELY, DEPRESSED, ISOLATED, DISAPPOINTED



STRESSED, ANXIOUS, NERVOUS, INSECURE, FIDGETY



ANGRY, FRUSTRATED, IMPATIENT, GRUMPY, SHORT-TEMPERED