

# MY MOOD DIARY

**What was my mood?**  
 Happy? Sad?  
 Mad? Nervous? Other?



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Why did I feel that way?**

**What did I do?**



One Children's Plaza  
 Dayton, OH 45404-1815

937-641-3000

www.childrensdayton.org  
 Your trusted online source  
 of child health, safety and  
 parenting information.

© 2008, The Children's Medical Center  
 of Dayton. All rights reserved.

*Here are some good ways  
 to deal with unpleasant feelings.*



**This is what works for me.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_