



Self-Care *Journal*



How to Use Your Daily Self-Care Journal

This daily journal will help you keep track of your moods and help you to see what affects your moods daily.


Consider comparing your charts from week to week.

Identifying things for which you are grateful can help you be more positive and have a good effect on your mood.


Tracking your sleep and movement is also important, and by getting enough sleep and moving your body daily, you can help to improve your mood.


Write down what you think may have caused your mood to be that way, and think of what you could have done to change your mood to be better if it was a bad mood.


Date:	Mood:
Today I'm Grateful for:	
1	ANGRY TIRED SAD HAPPY EXCITED
2	
3	Hours of Sleep:
Important Notes About Triggers to Mood:	Minutes of Moving Your Body Today:
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Do You Need Help Finding Additional Assistance?

The Following Resources are Available Statewide in West Virginia.



Call **1.800.624.6961** For Assistance With Benefits or Additional Benefits Offered



Call or Text **988** If You Need Assistance



WV's Addiction & Mental Health Helpline

Call **1.844.435.7498** If You Need Assistance With Addiction or Mental Health Referrals



Call or Text **211** If You Need Assistance With Local Resources