

Why should I use an Activity Diary?

Keeping a diary of the things you do and how you feel through the day can help you recognise if you feel low at certain times more than others. Making a note of how you feel as it happens leads to a truer record than if you had to guess from memory.

Once you're aware of how your mood changes according to what you do through the day, you can start to plan activities that will help you feel better over time.

How do I use an Activity Diary?

Try filling out a diary like the one below every few hours to keep track of your activities and mood this week. Write in each box:

- A brief description of what you did e.g. 'Made breakfast'
- A word to describe your mood, and a rating of its intensity on a scale of 0-100% e.g. 'Deflated 40%'
- As a bonus, you can also rate how much that activity gave you a sense of Mastery (things that lead to a sense of accomplishment, e.g. cleaning) or a sense of Pleasure (things you do to make yourself feel good, e.g. watching a film). Circle M or P if either apply.

e.g.

	Monday
8 – 10am	Activity: Made breakfast Mood: Deflated 40% M P

You can download and print out a copy of this diary from the EMCAVS website: bit.ly/32kGo3t or draw out your own version. You may find keeping it to hand a useful reminder to fill it out through the day

If you'd find it easier to keep a record on your phone you can try using the "Mood diary" feature on the 'My Possible Self' App, which you can download for free on the App Store or Google Play.

