

Pictorial Mood Diary

A simple and visual way to track how you feel each day

A mood diary can help you notice how your emotional wellbeing changes across a day or week. A pictorial version makes this easier when writing feels tiring, words are hard to find, or you simply understand your experience better through pictures and colours.

Rather than writing a long diary entry, choose the face that feels closest to your mood. You can circle it, colour it, copy it or draw your own. Add a few words only if they are useful.

Choose the closest face



Happy



Calm



Sad



Anxious



Angry



Tired



Okay

Your mood is not a test result

The purpose of tracking is not to have more 'happy' days or to judge difficult emotions. It is to notice patterns. A low or anxious day may tell you something about stress, sleep, sensory demands, relationships, workload, physical wellbeing or what you need more — or less — of.

You may also experience several moods in one day. If so, choose more than one face or record your mood at different times.

Your Visual Mood Key

Use these faces as a starting point and change them if you want. You can give each mood your own colour or symbol.



Happy



Calm



Sad



Anxious



Angry



Tired



Okay

Add my own moods

Mood: _____ My symbol/colour: _____

Mood: _____ My symbol/colour: _____

Mood: _____ My symbol/colour: _____

You could also use simple categories

If naming emotions is difficult, try tracking broader experiences such as: **high energy / low energy**, **settled / unsettled**, **connected / disconnected**, **safe / unsafe**, or **comfortable / uncomfortable**.

There is no requirement to use the same mood words as somebody else. The diary should reflect the way you understand yourself.

My Daily Pictorial Mood Diary

Date: _____

How do I feel this morning?



Happy



Calm



Sad



Anxious



Angry



Tired



Okay

How do I feel this afternoon?



Happy



Calm



Sad



Anxious



Angry



Tired



Okay

How do I feel this evening?



Happy



Calm



Sad



Anxious



Angry



Tired



Okay

What stood out today?

Something that helped

Something that was difficult

What might I need tomorrow?

My Weekly Mood Diary

Choose one or more faces for each day. You can also add a colour, number or small symbol.

Monday		Mood(s): _____ Energy 0–10: _____ One thing I noticed: _____
Tuesday		Mood(s): _____ Energy 0–10: _____ One thing I noticed: _____
Wednesday		Mood(s): _____ Energy 0–10: _____ One thing I noticed: _____
Thursday		Mood(s): _____ Energy 0–10: _____ One thing I noticed: _____
Friday		Mood(s): _____ Energy 0–10: _____ One thing I noticed: _____
Saturday		Mood(s): _____ Energy 0–10: _____ One thing I noticed: _____
Sunday		Mood(s): _____ Energy 0–10: _____ One thing I noticed: _____

At the end of the week: What mood appeared most often? _____ What helped most?

What Can Affect Mood?

Mood rarely exists in isolation. Looking at context can help you understand why some days feel different from others.

Sleep and rest

Notice whether poor sleep, changes in routine, late nights, nightmares or not enough recovery time seem connected with mood.

Demands and overwhelm

Workload, social demands, decision-making, masking, sensory environments, caring responsibilities and unexpected changes can all affect emotional capacity.

Connection

Notice how you feel after time with particular people, after being alone, after asking for help, or when you feel understood and accepted.

Body and physical wellbeing

Hunger, pain, illness, hormonal changes, medication, movement and fatigue may all influence how you feel. The diary can help you notice associations without assuming that one factor is always the cause.

Things that restore you

Look for what helps: quiet, nature, music, creativity, movement, familiar routines, pets, hobbies, meaningful conversation, reduced demands, sensory comfort or time alone.

Instead of asking only, “Why was my mood bad?”, try asking: “What was happening around me, what resources did I have available, and what seemed to make things easier or harder?”

A Message From Me

A mood diary should help you understand yourself, not make you feel as though you are being graded every day.

There will be days when your mood is difficult and you cannot identify a clear reason. There will be other days when several emotions arrive together. You do not need to force your experience into one neat box.

Use the faces as a starting point. Add your own. Change the colours. Draw a question mark if you genuinely do not know how you feel. That is still a valid entry.

Over time, your diary may begin to show you patterns that are difficult to see from inside a single day: which environments drain you, which routines support you, when you need more rest, what helps you recover, and which experiences tend to lift or lower your mood.

Try to look at those patterns with curiosity. They are information that can help you make choices, ask for support and understand your needs more clearly.

Space to Breathe Therapy

If persistent low mood, significant changes in mood, or thoughts of harming yourself are affecting you, seek appropriate professional support. This resource is for psychoeducation and self-reflection and is not a substitute for individual assessment or treatment.