

Mood Diary

With Picture Cues

Sometimes a written diary asks too much of you. You may know that your mood has changed but struggle to find the words, or you may understand what is happening more easily when you can see a picture, symbol or simple choice.

This diary uses picture cues to support a quick check-in. You can point, circle, tick, colour or draw. You do not have to complete every section and you do not need to explain your feelings perfectly.

The seven picture-cue areas



Mood



Energy



Place



Body



Influences



What helped



What next

Picture cues are prompts, not rules

Your own symbols may make more sense than the ones provided. A cloud might mean tiredness to one person and sadness to another. A tree might mean fresh air, safety, quiet or being outside. Adapt the diary to your own visual language.

The purpose is to notice patterns with curiosity: what tends to affect your mood, what your body tells you, what restores energy and what you might need next.

1. How Do I Feel?

Choose one or more faces. Mixed moods are normal.

☐ Happy	☐ Calm	☐ Okay	☐ Anxious	☐ Sad	☐ Angry
☐	☐	☐	☐	☐	☐

My own mood picture / colour

Draw or colour here:

2. My energy level

☐ Very low	☐ Low	☐ Medium	☐ High	☐ Very high
☐	☐	☐	☐	☐

3. What's happening around me?

☐ Home ☐ ☐ Work / study ☐ ☐ With others ☐ ☐ Outside ☐ → Travelling ☐ ? Other ☐

A few words if useful: _____

4. What Is My Body Telling Me?

Mood and body signals often arrive together. Tick anything you notice without needing to decide whether it is 'causing' your mood.

Picture cue	Body experience	Tick
■ Head	Headache / pressure / busy head	■
≈ Stomach	Butterflies / nausea / hunger / discomfort	■
■ Muscles	Tense / restless / shaky	■
■ Energy	Tired / heavy / sleepy	■
♥ Chest	Fast heartbeat / tight / fluttery	■
■ Whole body	Overloaded / agitated / wired	■
~ Whole body	Settled / comfortable / calm	■
?	Something else	■

5. What might be affecting my mood?

■ Stress ■ ■ Relationships ■ ■ Sleep ■ ■ Food / eating ■
■ Weather ■ ■ Hormones / body changes ■ ■ Work / demands ■ ? Not sure ■

Something else: _____

You do not need to identify a cause. Sometimes there is no obvious reason, and sometimes several small things have accumulated.

My Daily Mood Diary — Picture Cues

Date: _____

How I feel

■ ■ ■ ■ ■ ■ ■ ■ My own: _____

My energy

■ Very low ■ ■ Low ■ ■ Medium ■ ■ High ■ ■ Very high ■

Where / what is happening?

■ Home ■ ■ Work/study ■ ■ With others ■ ■ Outside ■ → Travelling ■ ? Other ■

My body

■ Head ■ ≈ Stomach ■ ■ Tense ■ ■ Tired ■ ♥ Chest ■ ■ Restless/overloaded ■ ~ Calm ■

What might be affecting my mood?

■ Stress ■ ■ Relationships ■ ■ Sleep ■ ■ Food ■ ■ Weather ■ ■ Body/hormones ■ ? Not sure ■

What helped today?

♥ Self-care ■ ■ Pet ■ ■ Music ■ ■ Reading/creative ■ ■ Fresh air ■ ■ Support ■ ■ Break ■

What do I need next?

■ Talk ■ ♥ Comfort ■ ■ Rest ■ → A plan ■ ★ Something enjoyable ■ ■ Space/quiet ■

Anything I want to remember:

Weekly Picture-Cue Mood Tracker

Use one or two symbols for each day. This gives you a quick visual overview without needing a full diary entry.

Day	Mood cue	Energy	Body cue	What helped	What I needed
Monday	_____	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____	_____
Thursday	_____	_____	_____	_____	_____
Friday	_____	_____	_____	_____	_____
Saturday	_____	_____	_____	_____	_____
Sunday	_____	_____	_____	_____	_____

What do the pictures show me?

Mood I noticed most: _____

Lowest-energy times: _____

Things that seemed to drain me: _____

Things that restored me: _____

Something I may need more of next week: _____

A Message From Me

You do not have to be good with words to understand your emotional world.

Sometimes a face, colour, battery symbol, cloud, heart or simple picture can communicate more quickly than a paragraph. That is why this diary gives you different ways to notice what is happening rather than expecting you to explain everything in writing.

Use the picture cues that make sense to you and ignore the ones that do not. Add your own symbols. Change their meanings. Circle several at once. There is no correct way to complete the page.

Over time, you may notice that your energy drops after particular demands, that certain environments affect your body, that sleep changes your mood, or that music, fresh air, quiet, pets, connection or rest consistently help.

Those patterns are useful information. They can help you understand your needs and make small adjustments before you reach the point of feeling completely depleted.

And if you have a difficult day, the diary is not evidence that you failed. It is simply a picture of one day in a much bigger story.

Space to Breathe Therapy

This resource is intended for psychoeducation and self-reflection and is not a substitute for individual medical or mental-health assessment or treatment.