

Useful coping skills

'I'm still learning' (Michelangelo)

KEEPING A MOOD DIARY

It can be useful to keep a diary of your mood (Greenberger, 1995). You can record what is happening with your mood each day by completing a mood scale; rate your mood on a scale of 0 to 10, where 0 refers to no depression, and 10 to the most severe depression. Use the same diary to comment on:

- your sleep length and quality, and what your eating is like
- significant events or activities of the day.

The diary will help you be more aware of what is happening and be a good basis for discussion with your GP. The diary for one week will look like this:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Mood (0–10)							
Sleep							
Eating							
Other e.g. events, changes to medication							

As time passes you will see progress. As things improve, try to focus on positive feelings and events. What helped you pick up in mood, no matter how simple a thing? What positive events have happened in your life, no matter how small? What positive shifts are happening in your life – are you sleeping better, or becoming more active?