

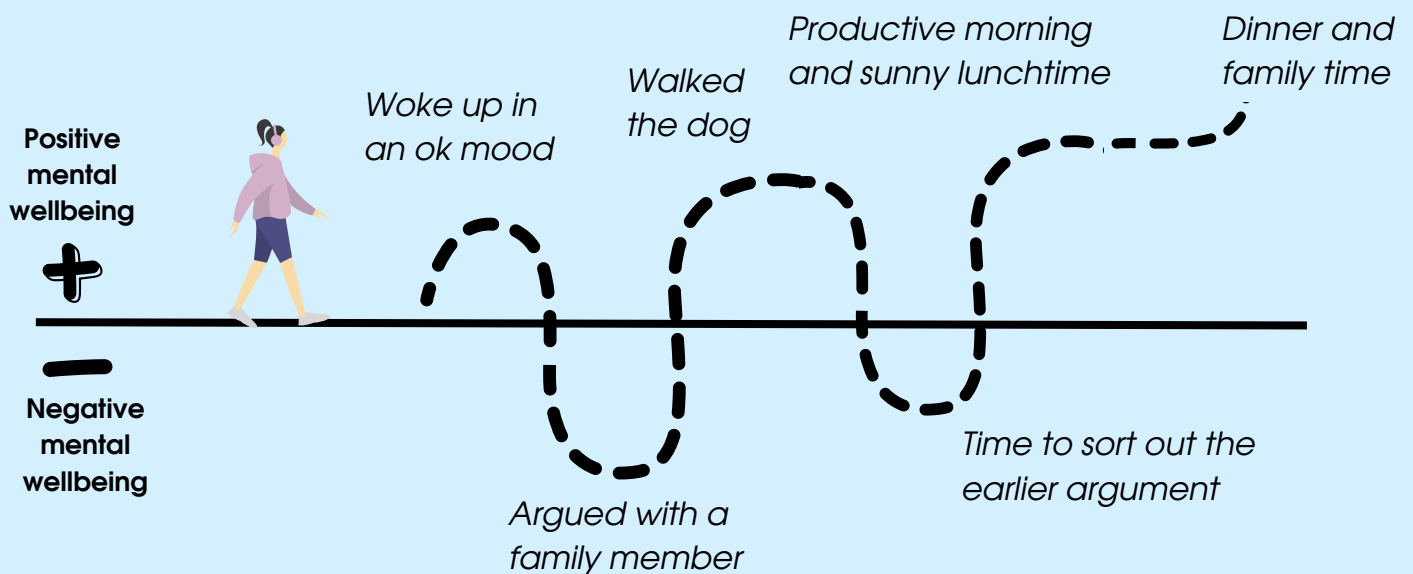
A Day in Your Life

Mental health is not static. It is normal for our mood to fluctuate over a day, a month or a year. Mental health and wellbeing also fluctuates throughout the life cycle.

Our mental health and wellbeing is always changing. Day to day events can cause us stress and impact how we feel. Some of these are out of our control and people can be impacted differently by the same event.

Use the template below to track 'a day in your life', thinking about what happened and how it impacted your mood. Is there anything you could have done differently to lift your mood?

Example day...



My day...

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