

As we approach a new month, why not start tracking your moods in a creative way?

Recreate this lovely bunch of tulips in your Creative Journal and choose a colour to represent the different moods you experience. At the end of the day, enjoy taking a few minutes to reflect on the day and how you feel and colour in a bud to represent your mood.

Tracking your moods is good for your Well-being as:

- **It allows you to connect your feelings to what happened during the day.** Being aware of your feelings is important as it helps you to make positive changes in life.
- **Charting your mood allows you to see patterns in your life.** The amount of sleep you've had, your health and hormones all play a part in how you're feeling. Being aware that these feelings are linked to specific things may help you to feel better about the situation and know that your mood can be turned around.
- **It allows you to better understand your triggers.** Your feelings could be a result of the physical environment you've been in, interactions you've had with others, the weather or even foods that you've eaten. Becoming more aware of these will help you to control your moods better.
- **It gives you an insight into what you need to do to best take care of yourself.** If you're angry you could do some exercise, go for a walk and a change of scenery to help you feel calmer.

