

MOOD



My mood - mental wellbeing

Mental wellbeing describes your mental state – how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

If you have good mental wellbeing you are able to:

- Feel relatively confident in yourself and have positive self-esteem.
- Feel and express a range of emotions.
- Build and maintain good relationships with others.
- Feel engaged with the world around you.
- Live and work productively.
- Cope with the stresses of daily life.
- Adapt and manage in times of change and uncertainty

Every Mind Matters supply great mental wellbeing information, their 'Mind Plan' quiz provides you with practical & useful tips based on the answers you give.

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

IMPORTANT

If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment.

- Call 111
- Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours.
- Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19.

Who is stressed?



The answer?

We don't know...

Are there physical signs and symptoms of these emotions/moods?

YES

Do all people who who feel this way show signs/symptoms?

NO

How we manage our mood/emotions can be different from person to person, we are individuals. In some cases it can be likened to a swan; on the surface all is calm but underneath we are working at full capacity to keep going, much like a swan's feet paddling to keep moving forward.

Why you should track your mood?

'How are you feeling?' So many of our conversations begin with this question. It's because everything we think and do is inspired by our mood. It impacts almost every aspect of our daily life. This includes our health-related decision making and wellbeing.

Ever avoided exercise when you're feeling sad and sluggish?

Here are five great benefits of recording your mood regularly:

1. It allows you to connect your feelings to your behaviours and what happened during the day.
2. Recording your mood regularly allows you to see patterns in your life. When your mood changes, what else is going on in your life?
3. It allows you to better understand your triggers. A trigger is an event that brings out a behaviour or emotional feeling.
4. Keeping track of your moods can tell you a lot about the timing of your different mood states. Perhaps you notice that Sunday evenings are harder.
5. Regular recordings of your mood can help your physician, therapist, or psychiatrist give you a more accurate diagnosis. In some cases the amount of time you have been experiencing certain moods can affect diagnosis.

