

# Not Myself Today

Mental health awareness is becoming more common. Becoming self-aware of our own moods helps with this enhanced awareness.

Introducing the **Not Myself Today** individual challenge! Simply *track your moods using the calendar*. You can also track your moods by downloading this FREE APP:

## *In Flow – Mood and Emotion Diary*



**Instructions:** Each day of the month, track your mood state using the examples on the front page. For example, if today was February 1<sup>st</sup>, and you were feeling anxious, you would write that in on February 1<sup>st</sup>. Feel free to include your own mood if it is not listed on the first page!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY