

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

Want additional help? Contact your EAP _____



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY