

## EXAMPLE

## Mental Well-Being Log

Discuss the log and any trends with your health care professional.

Date or day of the week	Sleep (Hours)	Activity (Type & Duration)	Mood (1-10)	Stress (1-10)	Number of Positive Interactions	Number of Negative Interactions	Meds	Notes / feelings
10th June	8	Yoga session (60 mins)	6	4	1	0	Y/N	Woke up feeling a bit low. Work stress contributed. Yoga helped to relax a bit.
11th June	7.5	- None today	4	5	0	2	Y/N	Feeling stressed
12th June	6	Aqua aerobics (45 min)	5	3	3	0	Y/N	Went to therapy today
13th June	8	Gardening	5	5	0	0	Y/N	Managed to complete tasks.
14th June	5	Guided Meditation (30 mins)	7	2	2	0	Y/N	Feeling calmer and more focused.
15th June	7	- None today	5	5	0	2	Y/N	A bit tired but a good tired - should sleep well.
16th June	7	Journaling (10min)	5	5	1	0	Y/N	Felt anxious in the morning, but mood improved during the day

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