

Using the Mood Map

- The Mood Map is a tool you can use for figuring out how to have more of the moods you prefer
- The Mood Map also helps us share how we are feeling without the need for a lot of words

"I used the mood map for understanding what helped me to be more positive and less panicky." Phil

Energy:

Our energy levels may go up if we have a great idea, meet an old friend, drink coffee or get busy.

Our energy levels may go down for a while if we drink too much alcohol, after a lot of exercise or following a big meal.

Think of your energy on a scale from very low energy at the bottom to very high energy at the top.

Where would you put your energy level on this scale right now?

High Energy



Low Energy

Feelings:

Feeling
Negative



Feeling
Positive

We all have many feelings and these change from moment to moment.

If feeling terrible is on the far left and feeling fantastic is on the far right, mark how you are feeling right now on this scale.

You can say about both your energy and feelings at the same time on a mood map

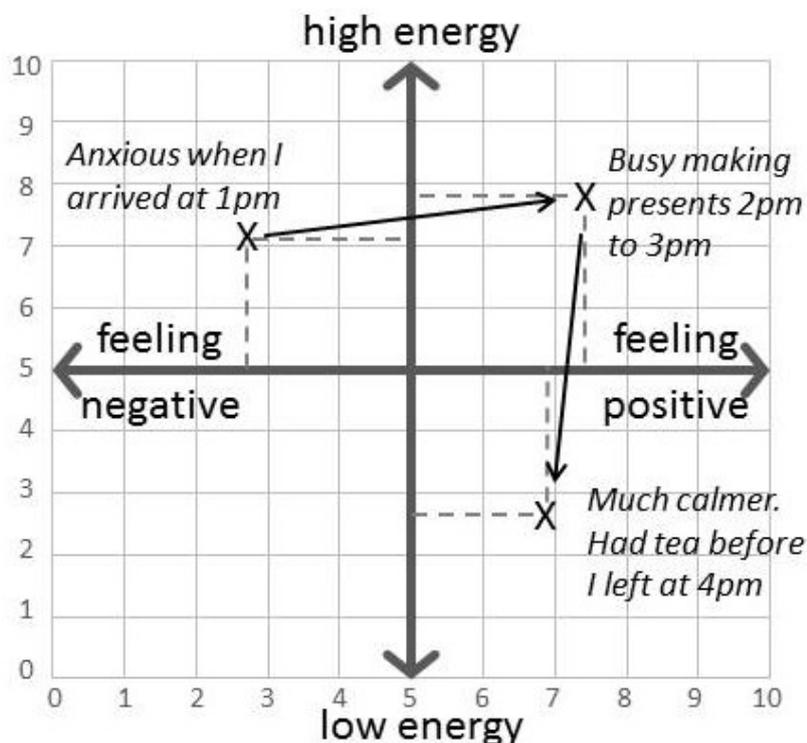
Mark both your energy and your feelings then plot a point showing your mood.

Add the current time and write a word or two about how things are for you.

There is no one good/best mood. Staying in the same mood for a long time can be unhealthy, while having new moods throughout the day is usually better.

Examples: We all need a little anxiety in our lives to help us focus and make us more aware of our surroundings. Calmness gives our bodies time to relax and repair, but if we were always calm we would not get anything done.

To map your mood accurately do it right away as we may quickly forget how we felt earlier.



Remember to map **both** your energy levels and feelings each time and that you can add arrows to show how your mood has changed during the day.

"Using a mood map I came to understand how things like familiar music, yoga and walking all helped me deal with the high energy/negative moods I was having." Sarah - getting her bipolar in order