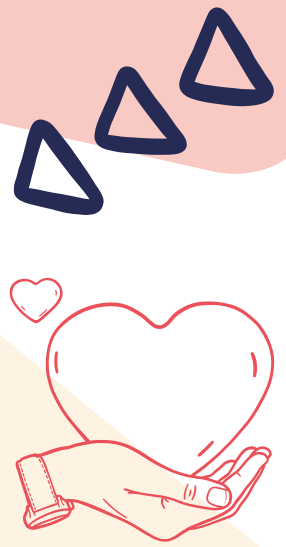


Menopause, mental health, *and me*

Mental
Health
UK



Mood and gratitude trackers

Tracking how we are feeling can be a useful tool for identifying and managing both the positive and challenging feelings you may notice. Taking a moment to consider a joyful thing, small or big in our day, can have a positive effect on our wellbeing — even if it is just a cup of tea in the sun. You can use our trackers as much or as little as you like to build a clearer picture of how you are feeling.

One thing I am grateful for today...

	Week 1 date:		Week 2 date:
Mon		Mon	
Tue		Tue	
Wed		Wed	
Thu		Thu	
Fri		Fri	
Sat		Sat	
Sun		Sun	
	Week 3 date:		Week 4 date:
Mon		Mon	
Tue		Tue	
Wed		Wed	
Thu		Thu	
Fri		Fri	
Sat		Sat	
Sun		Sun	

My mood today is...

Date:	Which symptoms have you experienced today? (Consider physical, emotional, behavioural, and cognitive symptoms — reference your symptom tracker if you need to)	How can the people around you help you on days like this?
Mon am		
pm		
Tue am		
pm		
Wed am		
pm		
Thu am		
pm		
Fri am		
pm		
Sat am		
pm		
Sun am		
pm		

