



# EMPOWERING YOUR MIND

A PRACTICAL GUIDE TO TRACKING YOUR MOOD  
AND MANAGING YOUR THOUGHTS



Written by  
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## INTRODUCTION

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Do you ever feel like your mood is on a rollercoaster, with highs feeling fleeting and lows dragging you down? If you struggle with Major Depressive Disorder (MDD) or other mental health challenges, these feelings are likely all too familiar. This workbook is designed to be your companion on the empowering journey towards managing your mental health and reclaiming control of your well-being.

By embarking on this journey with us, you'll gain valuable tools to:

### **SHINE A LIGHT ON YOUR MOOD:**

Tracking your mood swings helps identify patterns and potential triggers, allowing you to better understand what throws you off balance.

### **UNMASK NEGATIVE THOUGHT SPIRALS:**

Depression can fuel distorted thinking patterns that make situations seem worse than they are. This workbook equips you to recognize these distortions and challenge their hold on you.

### **EMBRACE SELF-DISCOVERY:**

Reflecting on your experiences fosters a deeper understanding of yourself, your moods, and your thought processes. This self-awareness empowers you to make positive changes.

Throughout this workbook, you'll develop essential skills to manage your mental health and cultivate a brighter future. Remember, you are not alone in this battle. This workbook, along with your healthcare providers, will be your guiding light on the path towards a healthier and happier you.





# DECODING YOUR MOOD: THE MOOD SCALE AND COLOR CODE

Understanding your mood is the cornerstone of managing it effectively. This workbook equips you with a simple 1-10 scale and color coding system to effortlessly track your emotional landscape.

## The Mood Scale (1-10)

Imagine your mood as a vast spectrum, with each number representing a different emotional state. Let's delve deeper into what each zone signifies:

01

### 1-4 (RED ZONE)

This zone reflects feelings of low mood, hopelessness, and overwhelm. You might experience sadness, despair, or a lack of motivation. It's a signal that things are challenging, and self-compassion is crucial.

02

### 5-7 (YELLOW ZONE):

This zone signifies neutral or mixed emotions. You might feel okay, content, or simply going through the motions. It's a state of transition, and paying attention to subtle shifts can be helpful.

03

### 8-10 (GREEN ZONE):

This zone reflects positive emotions like happiness, hope, and motivation. You might feel energized, enthusiastic, and engaged with life. Savor these days and identify what contributes to this positive state.

## The Color Code

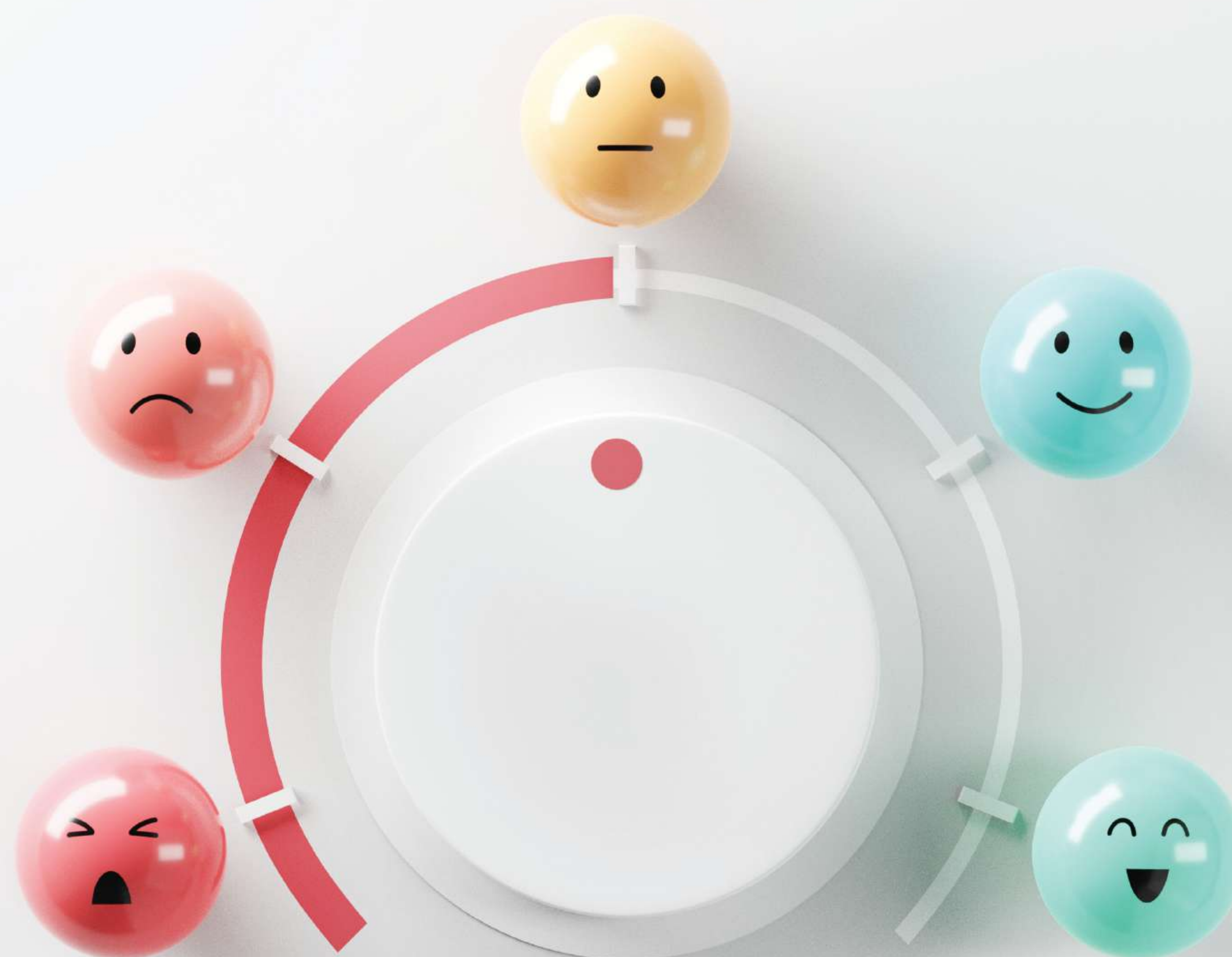
To create a clear visual representation of your emotional state, we've assigned a color to each mood zone:

**Red:** This vibrant red symbolizes the intensity of low mood and the need for attention. When you mark a red day, acknowledge that things are tough. This is a time to utilize your coping mechanisms and navigate these challenges with self-care and understanding.

**Yellow:** Yellow represents neutrality, often a state of transition. A yellow day might indicate you're experiencing a mix of emotions, neither particularly happy nor sad. It's a good time to reflect on what might nudge your mood in a positive direction. Perhaps a relaxing activity or connecting with loved ones could be beneficial.

**Green:** Green evokes feelings of growth and well-being. When you mark a green day, acknowledge and savor the positive emotions. Consider what contributed to this good mood and explore ways to incorporate those elements more frequently into your routine.





## PERSONALIZED MOOD CALENDAR

Welcome to the "Taking Control" workbook! This workbook is designed to help you identify your triggers and learn how to manage your actions effectively, especially when facing treatment-resistant mental health challenges. By understanding your triggers and developing coping strategies, you can regain control over your thoughts, feelings, and behaviors.

- **Date:** Fill in the date for each day of the month.
- **Mood Rating (1-10):** Reflect on your overall mood for the day and assign a number between 1 and 10.  
Here's a guide:
  - **1-4:** Low mood, hopelessness, overwhelm
  - **5-7:** Neutral or mixed emotions
  - **8-10:** Positive emotions, happiness, hope
- **Color Code:** Based on your mood rating, choose the corresponding color to represent your emotional state for the day:
  - **Red:** Low mood
  - **Yellow:** Neutral mood
  - **Green:** Positive mood





## DAILY MOOD TRACKING

Month of: \_\_\_\_\_

This calendar is your personal command center for tracking your emotional journey throughout the month. Here's how to use it:

S	M	T	W	TH	F	S

Notes





## SPACE FOR REFLECTION:

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Below each day, you can add a line or two to record any significant events, thoughts, or experiences that might have influenced your mood. This will help you identify patterns and triggers over time.





## MAKING IT A HABIT

Developing a consistent habit of mood tracking is key. Here are some tips to integrate this practice seamlessly into your routine:

- **Schedule it in:** Dedicate a specific time each day, like before bed or during your morning coffee break, to record your mood and any associated thoughts.
- **Keep it accessible:** Place the workbook where you'll see it daily, like on your nightstand or desk.
- **Make it digital (optional):** Consider using a mood tracking app on your phone for added convenience. Just ensure it aligns with the 1-10 scale and color coding system used in this workbook.

By diligently recording your mood on this calendar, you'll start to see patterns emerge. You might identify days with consistently lower moods or notice specific events that trigger emotional shifts. This valuable information will be crucial for developing coping mechanisms and strategies for managing your mental health more effectively.

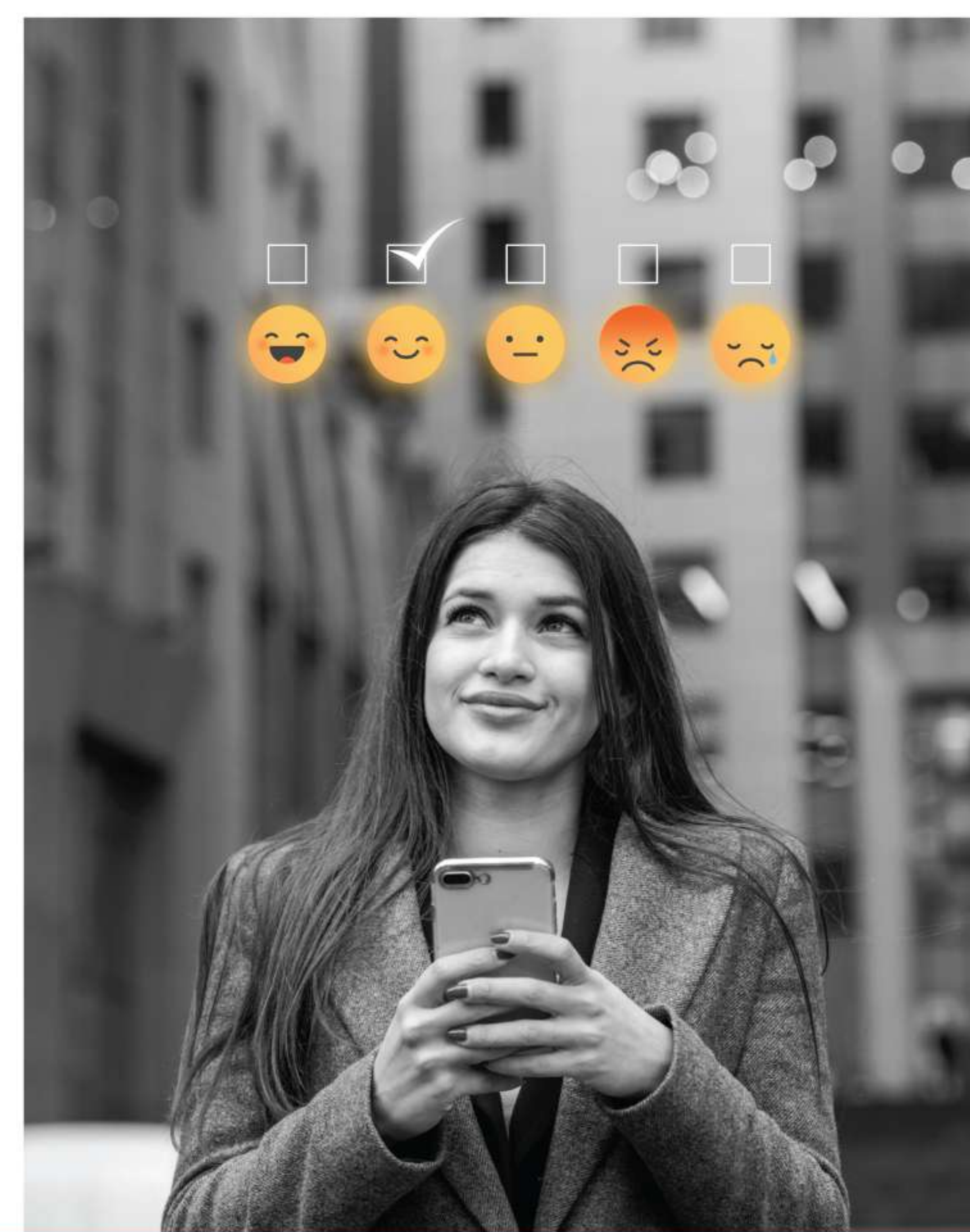






## UNVEILING THE WHY: MOOD TRACKING AND BEYOND

Mood tracking goes beyond simply assigning a number to your day. This section delves deeper, encouraging you to not only rate your mood but also explore the "why" behind it.



### Daily Tracking

- **Rate Your Mood (1-10):** As mentioned previously, assign a number between 1 and 10 to reflect your overall mood for the day.
- **Color Your Day (Red, Yellow, Green):** Based on your mood rating, choose the corresponding color (red, yellow, or green) to visually represent your emotional state.
- **Record Your Thoughts:** Here's where the magic happens! This is your space to delve deeper and explore what might have influenced your mood. Jot down any significant events, thoughts, or experiences that stood out for you that day.

### Why is this Important?

By recording your thoughts alongside your mood rating, you're essentially creating a treasure trove of information. This will help you identify potential triggers for low mood or negative emotions. For example, you might notice that days filled with arguments or stressful deadlines tend to be marked red on your calendar. Similarly, days spent socializing with loved ones or pursuing hobbies might be consistently green.

### Uncovering Patterns

Over time, as you accumulate data, patterns will start to emerge. You might discover that certain activities consistently lift your mood, while others have a draining effect. This newfound self-awareness empowers you to make informed choices and prioritize activities that contribute to your overall well-being.





## UNVEILING THE HIDDEN CULPRITS: IDENTIFYING COGNITIVE DISTORTIONS

Depression can be a sneaky villain, often whispering negative thoughts that distort your perception of reality. These distorted thinking patterns, known as cognitive distortions, can make even minor setbacks feel monumental. This section equips you to identify these distortions and challenge their hold on you.





## Here are some common cognitive distortions associated with depression,

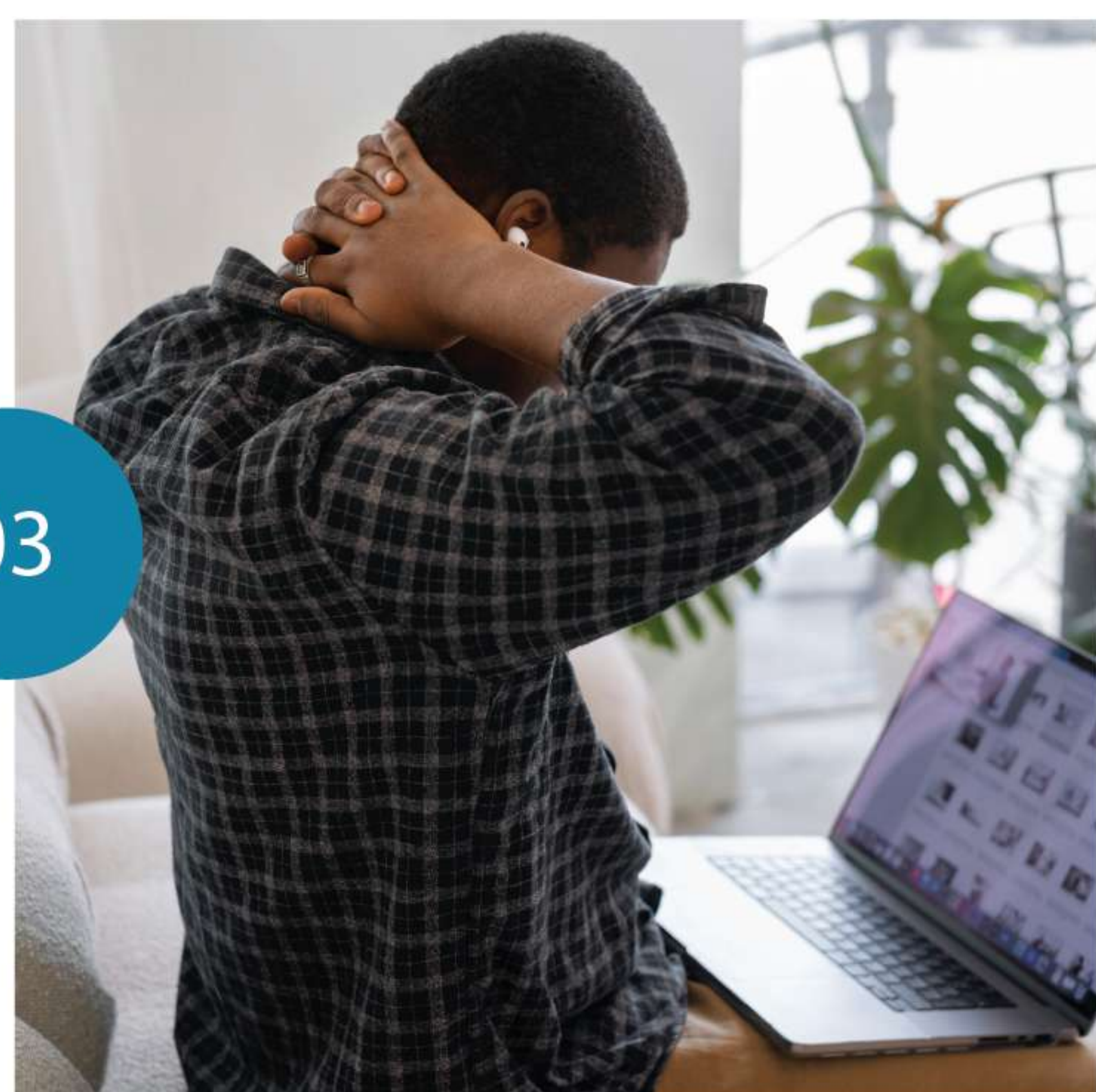


### All-or-Nothing Thinking

This distortion thrives on extremes, leaving no room for the gray areas of life. For example, someone struggling with all-or-nothing thinking might tell themselves, "If I fail this test, I'm a complete failure," overlooking the fact that a single test score doesn't define their entire intelligence or worth.

### Overgeneralization

This distortion takes a single event and blows it out of proportion, painting a bleak picture of everything. For instance, someone prone to overgeneralization might have a bad day and conclude, "I had a bad day, therefore my whole life is terrible," ignoring the many positive aspects of their life.



### Catastrophizing

This distortion is the fortune teller of negativity, predicting the worst possible outcome, regardless of the evidence. Someone struggling with catastrophizing might think, "If I leave the house, I'll have a panic attack," even if they've successfully navigated similar situations before.





04



## Mental Filter

This distortion acts like a strainer, focusing only on the negative aspects of a situation while filtering out the positive. For example, someone with a mental filter might receive praise for their work alongside one minor criticism, and dwell solely on the criticism, completely missing the positive feedback.

## Disqualifying the Positive

This distortion dismisses positive experiences or compliments, often attributing them to luck or external factors rather than your own abilities. For instance, someone who excels on a project might downplay their accomplishment by thinking, "They only gave me this project because they were desperate."

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These are just a few examples, and different people might experience different distortions. The key is to become aware of these patterns in your own thinking.





# CHALLENGING THE INNER CRITIC: APPLYING COGNITIVE RESTRUCTURING

Now that you've identified some common cognitive distortions, let's equip you with tools to challenge them. This process, known as cognitive restructuring, empowers you to replace distorted thoughts with more realistic and balanced perspectives.

Here's a step-by-step approach to cognitive restructuring:

## 01 Step

### Identify a Distorted

Refer back to your mood tracking section. Did you record any thoughts that seem overly negative or extreme? This could be a distorted thought waiting to be challenged. For instance, you might have written, "I didn't get the job. I'm worthless."

## 03 Step

### Reframe the Thought

Based on your questioning, develop a more realistic and balanced perspective. For the example above, you could reframe the thought to: "Not getting this job is disappointing, but it doesn't define my worth. There could be many reasons I wasn't chosen. I can learn from this interview experience and keep trying for future opportunities."

## Step 02

### Question the Distortion

Don't accept this thought at face value! Ask yourself critical questions:

Is this thought completely accurate?  
Are there any facts that contradict it?

Is there another way to look at this situation?





## WEEKLY REFLECTION: UNVEILING PATTERNS

Every week, take some dedicated time for introspection. This weekly reflection is a crucial step in transforming your mood data into actionable insights for managing your mental health. Here's how to make the most of this reflection period:

### 1. Unearthing Patterns:

Grab your completed mood calendar for the week and take a step back to observe the bigger picture. Look for any recurring trends or patterns that might emerge. Here are some questions to guide you:

- **Mood Fluctuations:** Did you notice any consistent patterns in your mood throughout the week? For example, were Mondays generally lower mood days, while weekends leaned towards more positive emotions?
- **Triggers and Activities:** Did certain activities or situations seem to consistently elevate or dampen your mood? Perhaps social interactions boosted your mood, while work deadlines triggered negative emotions.
- **Thought Patterns:** Review the thoughts you recorded alongside your mood ratings. Did any specific distorted thinking patterns keep popping up? Identifying these recurring thoughts can help you prioritize which distortions to challenge first using cognitive restructuring.





## 2. Calibrating Your Mood Meter:

Sometimes, our emotional state can cloud our judgment when assessing our mood. Here, we take a moment to reflect on the accuracy of your mood ratings:

- **Overall Accuracy:** Looking back at the week, do you feel your daily mood ratings were generally accurate reflections of how you felt? Were there any days where you might have underestimated or overestimated your mood?
- **External Influences:** Consider any external factors that might have significantly impacted your mood throughout the week. For example, were you dealing with a stressful event or experiencing physical illness that could have skewed your mood ratings?

## 3. Distortions in Disguise:

Think back to the distorted thinking patterns discussed in section 4. Did you identify any instances of these distortions influencing your mood throughout the week? Review your recorded thoughts and see if you can pinpoint any negative thought spirals fueled by cognitive distortions.





## MONTHLY REVIEW: DEEP DIVE AND GOAL

Once a month, dedicate some quality time for a comprehensive review of your mood tracking journey. This is an opportunity to consolidate your learnings and set goals for continued progress.

### 01

#### Mood Mapping

Take a look at your completed mood calendars for the entire month. Summarize the typical mood patterns you observed. Did you experience a period of generally positive emotions, followed by a dip in mood later in the month? Identifying these larger trends can help you anticipate and prepare for potential mood shifts.

### 02

#### Distortion Debunking

Highlight the cognitive distortions you identified throughout the month. More importantly, celebrate the moments where you successfully challenged these distortions using cognitive restructuring techniques (section 5). Reflect on how reframing your thoughts led to a more positive and balanced emotional state.

### 03

#### Gather Valuable Insights

Throughout this month of tracking your mood and thoughts, what valuable insights have you gained about yourself and your mental health? Did you discover any hidden triggers or develop coping mechanisms that proved effective? Perhaps you learned that prioritizing self-care activities significantly improves your mood, or maybe you identified specific situations that require different management strategies.

### 04

#### Goal Setting for Growth

Based on your reflections and newfound self-awareness, set achievable goals for the upcoming month. Your goals should target areas you identified for improvement. For example, if you noticed a dip in mood during a specific time of the month, you could set a goal to incorporate a relaxing activity into your routine during that period. Remember, start with small, realistic goals that you can gradually build upon.





## THERAPIST AND PHYSICIAN COLLABORATION



This section bridges the gap between your personal workbook journey and the support system provided by your therapist or physician. By fostering open communication and collaboration, you can leverage the data you've collected to optimize your treatment plan and achieve lasting progress.





## Documenting Your Progress

This workbook is designed to be an interactive tool, prompting you to record your mood, thoughts, and any recurring patterns. To facilitate productive discussions with your therapist or physician, dedicate this space to summarize your key takeaways:

- **Mood Patterns:** Briefly describe any consistent mood trends you observed throughout your tracking period. Did you experience periods of low mood followed by days of increased positivity? Identifying these patterns can help your therapist or physician tailor interventions to address specific challenges.
- **Insights Gained:** Reflect on the most valuable insights you gleaned from your mood tracking journey. Did you discover hidden triggers for negative emotions, or perhaps identify activities that significantly boost your mood? Sharing these insights empowers your healthcare providers to develop a more personalized approach to your well-being.
- **Goals Achieved and Obstacles Encountered:** Did you achieve the goals you set for yourself at the beginning of the month? What challenges did you face along the way? Discussing both successes and roadblocks is crucial for adjusting your treatment plan and setting realistic goals for the future.



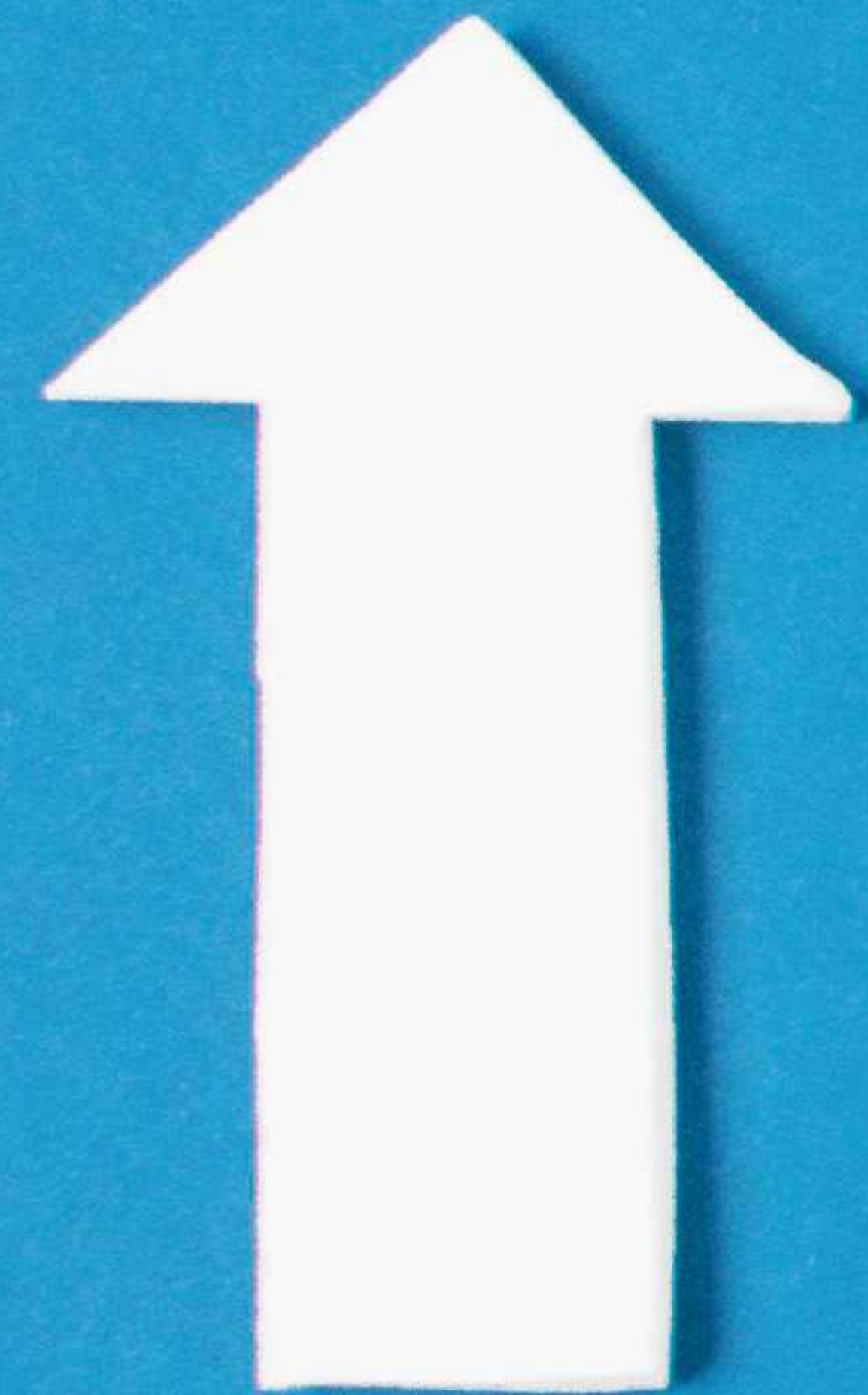




## Sharing Your Workbook Notes

Tear off this page (or photocopy it for future use) and bring it with you to your next therapy session or doctor's appointment. Openly sharing the information you've documented empowers your therapist or physician to:

- **Gain a Deeper Understanding of Your Emotional Landscape:** The data you've collected provides a valuable window into your daily experiences and emotional fluctuations. This information goes beyond a single snapshot in time, offering a broader picture of your mental health.
- **Adjust Treatment Strategies:** Based on your documented patterns, insights, and challenges, your therapist or physician can refine your treatment plan to better address your specific needs. Perhaps a different medication needs to be considered, or maybe additional coping mechanisms can be introduced.
- **Track Progress Over Time:** As you consistently use this workbook over time, you and your healthcare providers can monitor your progress and celebrate your victories. Seeing the data translated into positive change can be a powerful motivator to stay on track.











## CONGRATULATIONS! YOU'VE EMBARKED ON A POWERFUL JOURNEYPORT

This workbook has been your companion on a transformative journey towards understanding and managing your mental health. By diligently tracking your mood, identifying distorted thinking patterns, and reflecting on your experiences, you've gained valuable self-awareness and empowered yourself to create a brighter future. Remember, this journey is a marathon, not a sprint. There will be ups and downs along the way, but with the tools and strategies you've developed in this workbook, you are well-equipped to navigate them effectively.





Here are some key takeaways to carry with you:

- **Self-awareness is your superpower:** Your ability to recognize your moods, thoughts, and triggers empowers you to make informed choices about your well-being.
- **Challenge negativity:** Don't let distorted thinking patterns hold you back. Practice cognitive restructuring to replace negative thoughts with more balanced perspectives.
- **Self-care is essential:** Prioritize activities that nourish your mind, body, and spirit. These practices will become your emotional compass, guiding you towards a life of greater peace and fulfillment.
- **Embrace continuous growth:** Mental health is a lifelong journey. Continue to learn, explore new coping mechanisms, and celebrate your victories, big and small.

As you move forward, remember the progress you've made and the strength you've cultivated. There will be times when seeking additional support is necessary, and that's perfectly okay. Embrace self-care, prioritize your well-being, and never stop believing in your capacity to create a brighter future for yourself. You've got this!



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