Menopause, mental health, *and me*

Mental Health UK

Mood and gratitude trackers

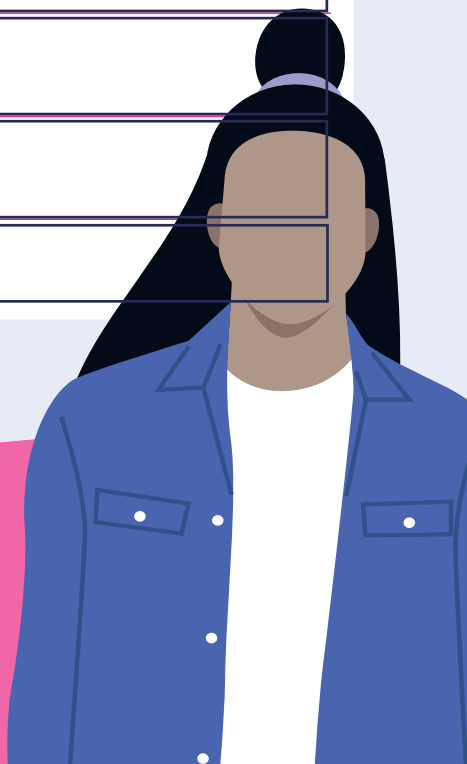
Tracking how we are feeling can be a useful tool for identifying and managing both the positive and challenging feelings you may notice. Taking a moment to consider a joyful thing, small or big in our day, can have a positive effect on our wellbeing — even if it is just a cup of tea in the sun. You can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



Find out more

mentalhealth-uk.org/menopause

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