

# Emotional toolkit

## Activity tracking diary

**Noticing what you are doing throughout the day can be really helpful.**

It makes things visible that we might not otherwise notice and can help us to see where and why some 're-charge points' might be needed. If you also rate your mood, it can help to identify which activities lift your mood, together these can really help with wellbeing balance.

To complete the diary, make a note of what you were doing in each hour, if you decide to rate your mood, make a note of the number next to the activity. We rate this on a scale of 0 to 10, on this scale 0 is the lowest mood you experience and 10 is the best.

Time	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Woke up (5)							
8am	Shower and breakfast (6)							
9am	Work emails (4)							
10am	Work (4)							
11am	Work presentation (5)							
12 noon	Travel home (5)							
1pm	Call with CNS (3)							
2pm	Read book (5)							
3pm	Collect kids (6)							
4pm	Walk dog with kids (7)							
5pm	Make dinner (5)							
6pm	Eat dinner (6)							
7pm	Phone call with friend (7)							
8pm	TV and talking to partner (7)							
9pm	Watch TV (7)							
10pm	5 minute mindfulness (8)							
11pm	Bed (8)							

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