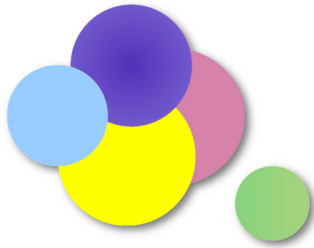


Dr. Catherine Tregoning PhD CPsychol AFBPsS
Chartered Health Psychologist



www.drcatherinetregoning.co.uk





Track what works for your mental health

Choose one typical work day and one typical non-work day, on which to keep your diary.
Think about the following when completing it:

Your mental health in general on that day

How well you coped

Your stress levels

Anxiety levels

Mood

The support you had available

What you ate and drank

How hydrated you were

How much sleep/rest you'd had

Had you been around other people

Time spent outside

Exercise

Had you distracted yourself or taken breaks

Any other factors

Work day diary

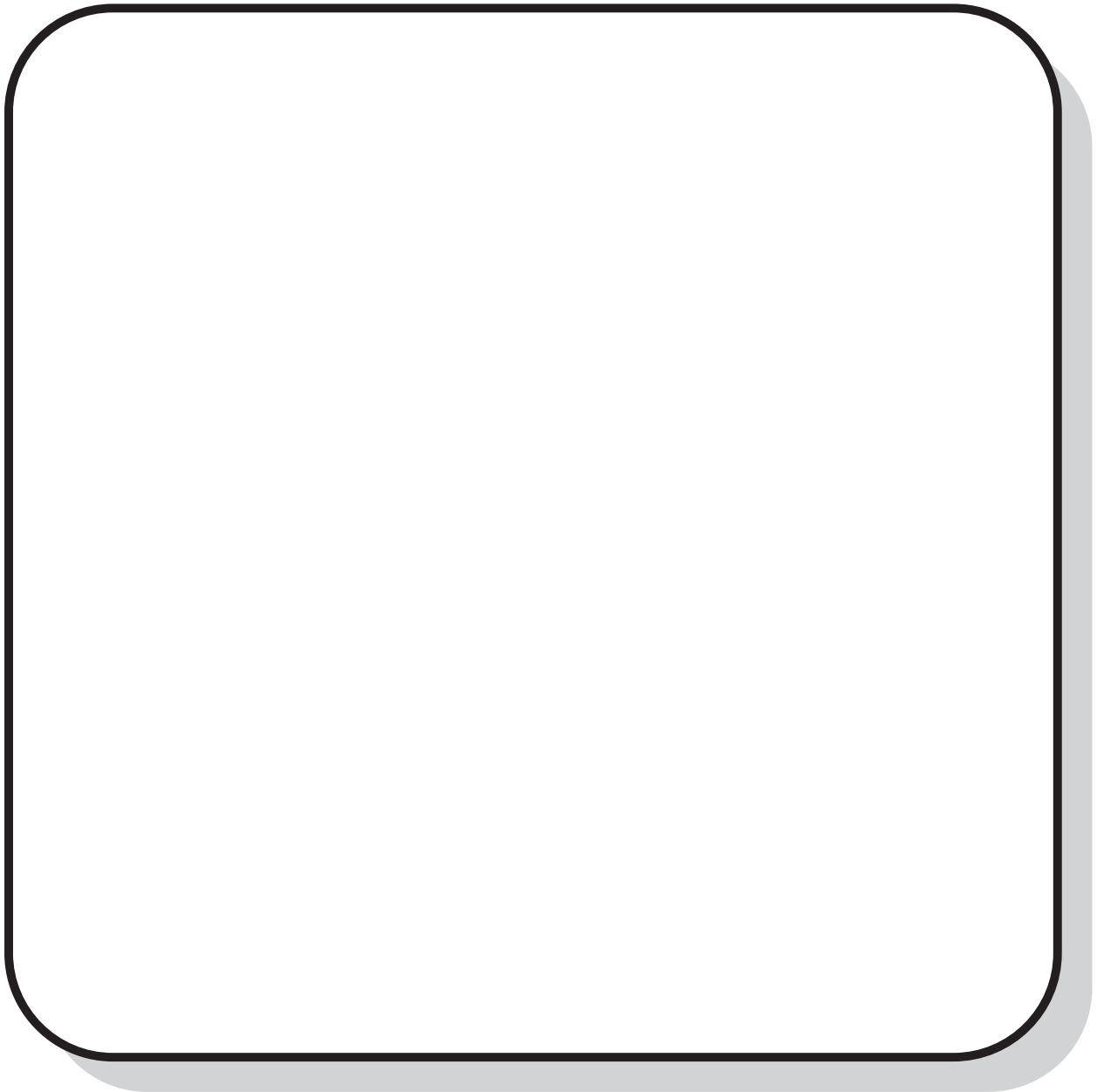
Part 1:

Date/day of the week _____

TIME	Record below anything notable
0:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	
23:00	
24:00	

Part 2:

Reflecting upon the list of factors to consider on page 1, combined with your work day diary - what are you thoughts?

A large, empty rounded rectangle box with a black border and rounded corners, intended for reflection. It has a subtle grey drop shadow on the right side.

Non-work day diary

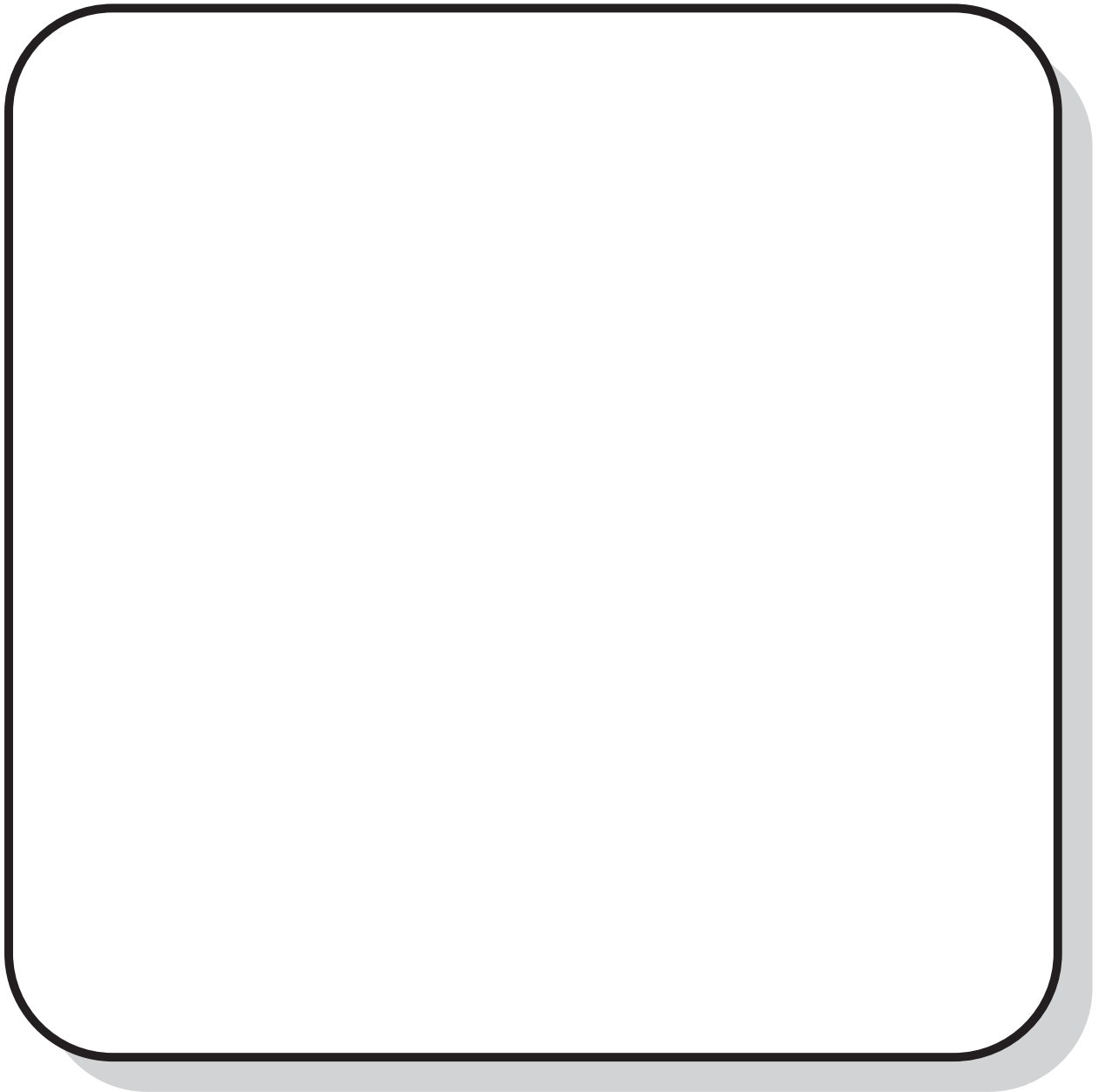
Part 1:

Date/day of the week _____

TIME	Record below anything notable
0:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	
23:00	
24:00	

Part 2:

Reflecting upon the list of factors to consider on page 1, combined with your non-work day diary - what are your thoughts?

A large, empty rounded rectangle box with a black border and rounded corners, intended for a user to write their reflections. It has a subtle grey drop shadow on the right side.

And now...

Compare your work and non-work days and see what you can learn from how your mental health was better or worse on each day...

What is different across the two days and why?

(e.g. Did you cope differently because of the amount of sleep you had, or did the people you were with have an impact, were you more stressed, what did you eat/drink, did the time spent outside differ?)



Which times of day is your mental health better or worse?
Why is this?

e.g. Is it worse in a morning, or when you haven't eaten, or you're tired, or when you need to complete certain tasks?



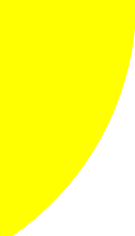
Finally, make an action plan!...

- 1** Thinking about what you have learned, is there anything you could change or remove from each day, or ask for help with - in order to improve your mental health and coping?
- 2** Is there anything on a work day that makes things better - that you could try to incorporate into your non-work days? And vice versa, what could you use from the days you're not in work to improve the time you spend working?

ACTIONS:

**When I will do
each one:**

A large, empty green rectangular box with rounded corners, intended for writing the timing for each action.



**Try to
repeat &
review this
regularly!**

