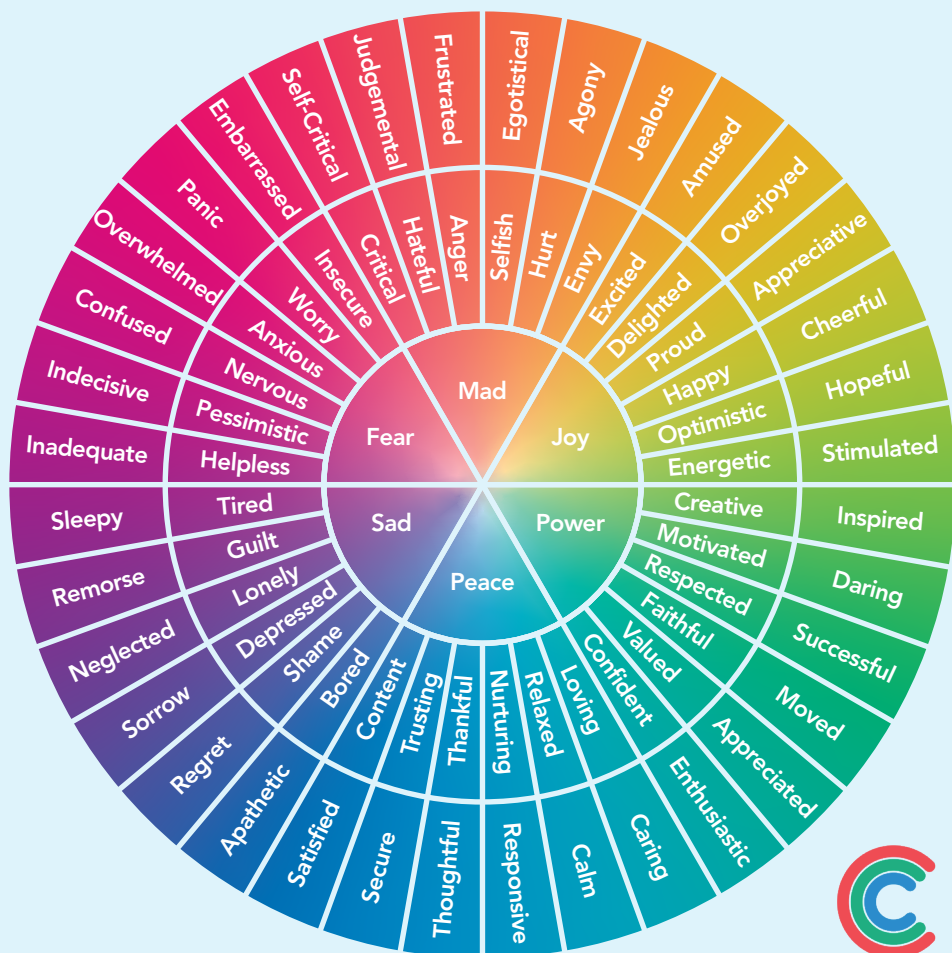


# My Mood Diary



CUMBERLAND  
CITY COUNCIL

**This book is designed to help you communicate with yourself and your emotions. The colour wheel on the cover is there for you to assign colours for the emotions that you choose to track through this booklet.**

**Year in Pixels** – Colour each day (pixel) with the colour associated with the main emotion/s felt that day.

**Period Tracker** – Similar to Year in pixels, only for females to track their menstrual cycles and symptoms thereof.

**Monthly Mood Graphs** – Choose the emotion/s that you want to track and assign them colours, then each day plot on the graph the intensity from 1 to 7 that you felt that emotion on that day (1 = least intense, 7 = most intense)

**Episodes** – Imagine your life is a TV show, write a synopsis (what happens/happened) for each episode.

**In the Moment Anxiety Hacks**

**Unhelpful Thinking Styles**

**Self-Care Checklist** – Be kind to yourself, here are some suggestions for looking after yourself, use ours or create your own.

**I'm Grateful for...**

**Moments I Cherish** – Write about the memories that you hold dear.

**Needs vs Wants** – Is a cup of coffee a necessity or a luxury? You decide what you need and what you want.

**Make a Note:** Movies to watch, Music to Listen to, Books to Read, Things to Save up for, dates to remember and more.

**Thoughts of the Day**

**100 Things I'd like to do**

**Contacts**

**Types of Mental Health Disorders**

**Breathing Exercises**

**Mind full, or Mindful?**



# Year in Pixels

31												
30												
29												
28												
27												
26												
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7												
6												
5												
4												
3												
2												
1												
	J	F	M	A	M	J	J	A	S	O	N	D

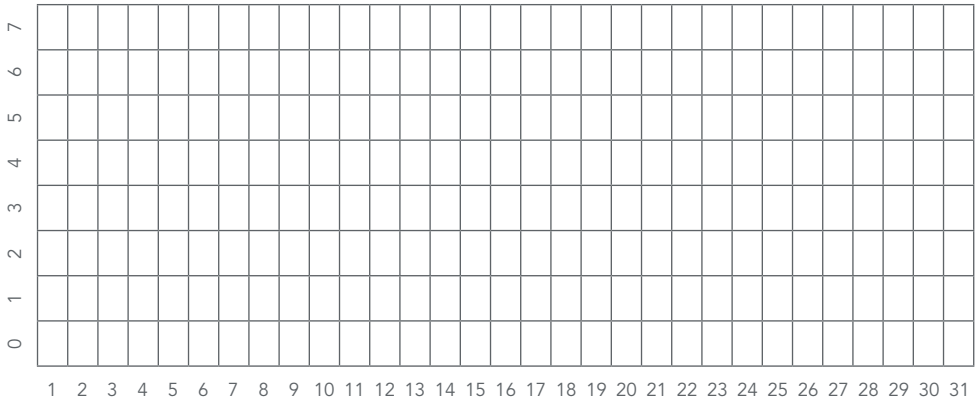
### Emotions

	Yellow
	Orange
	Pink
	Red
	Green
	Blue
	Purple
	Black

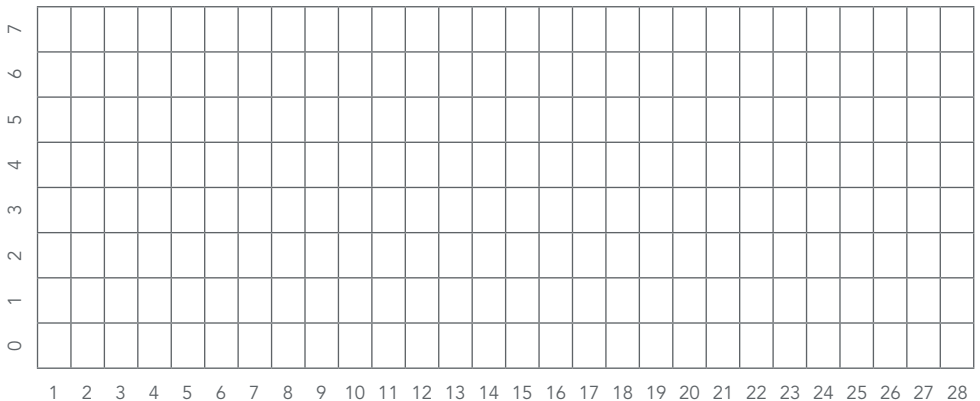


# Monthly Mood Graphs

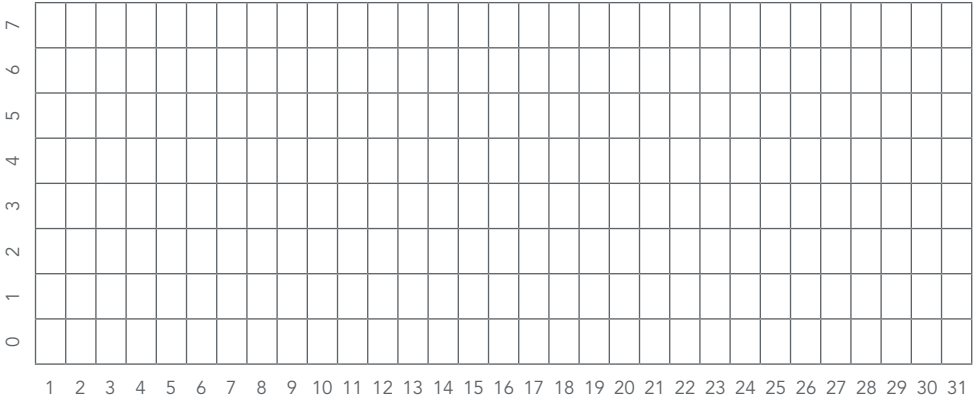
## January



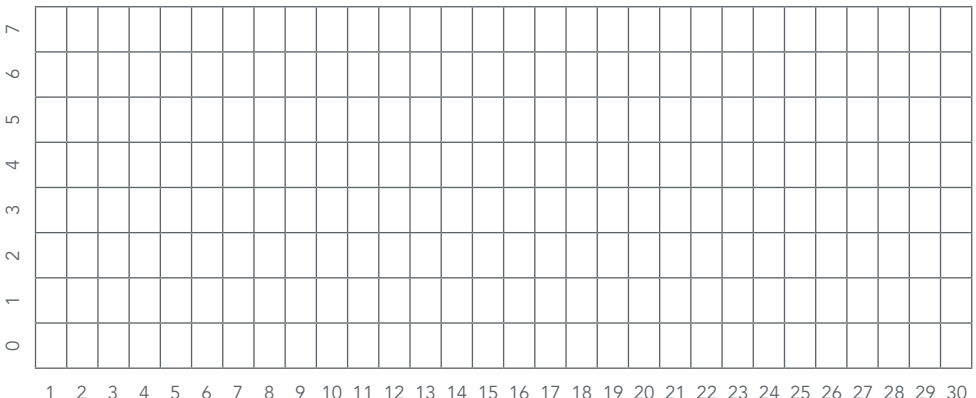
## February



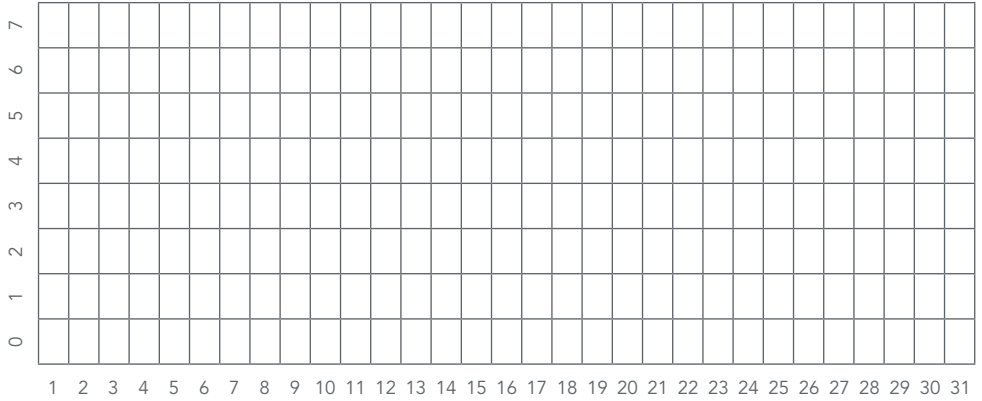
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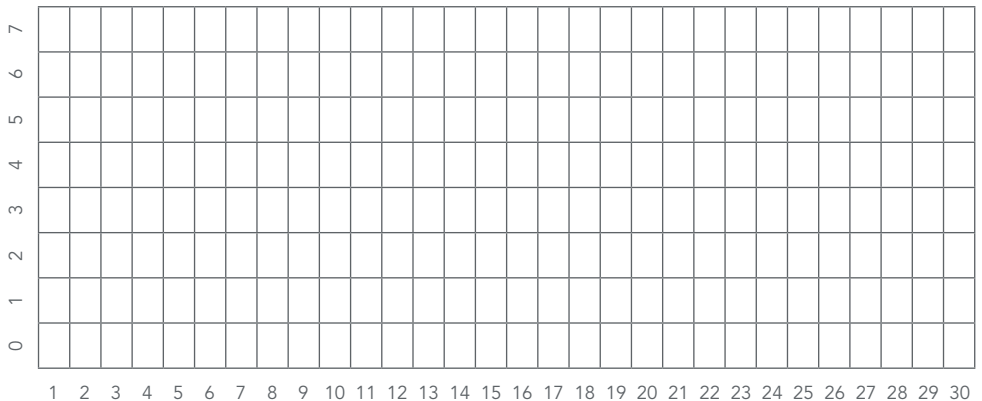
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# May

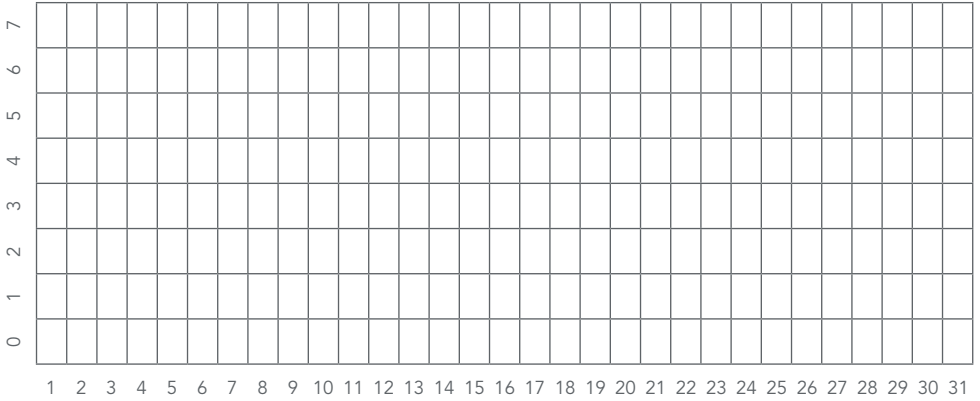


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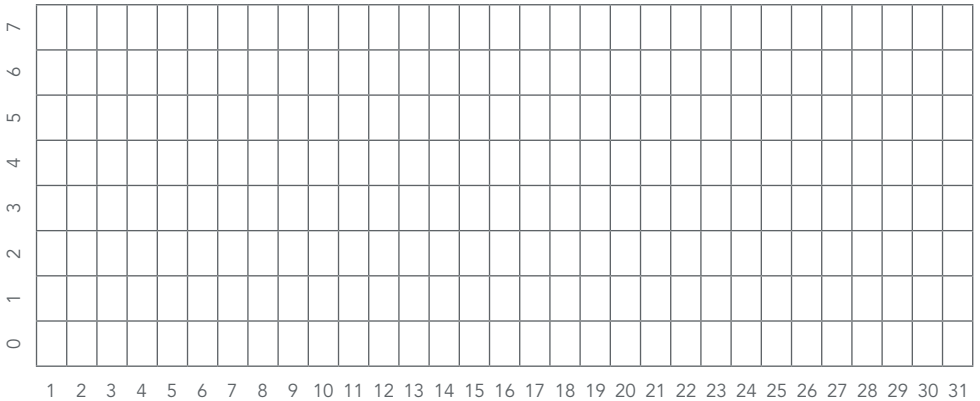




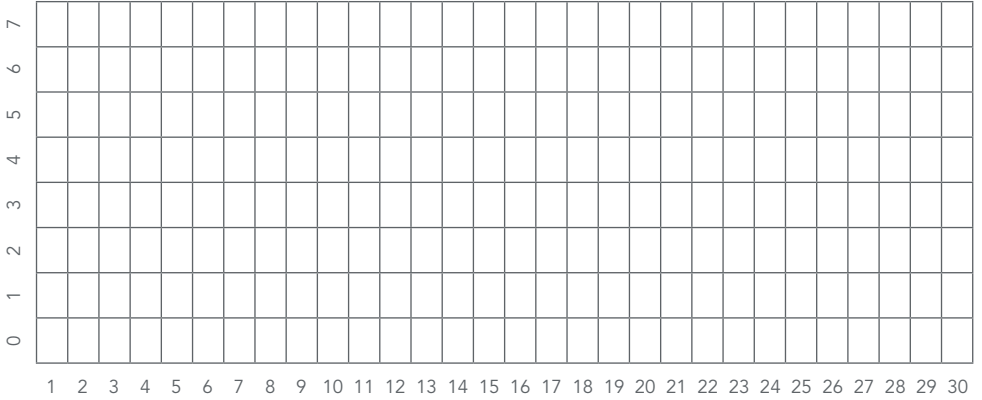
# July



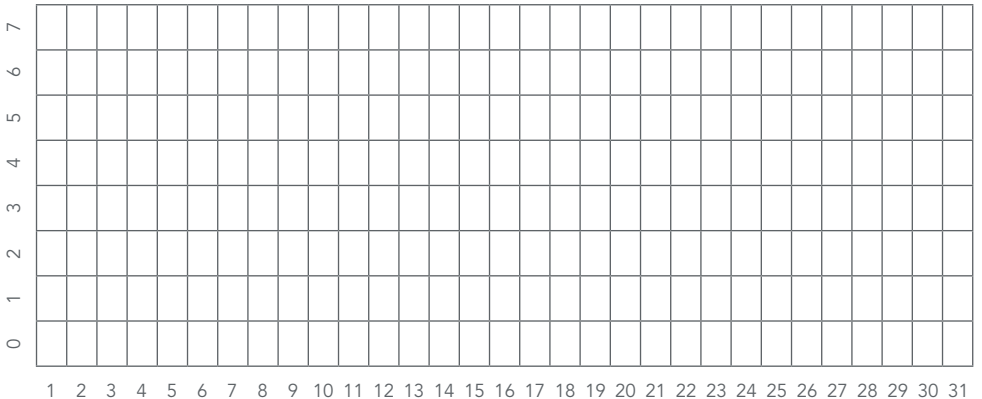
# August



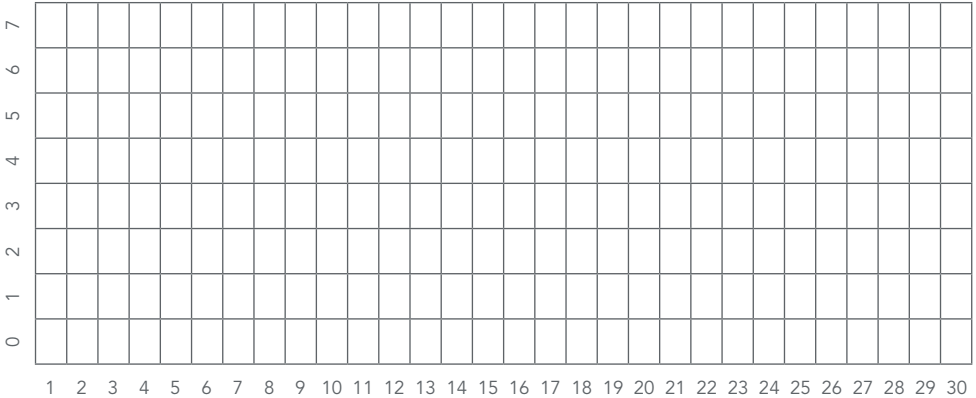
# September



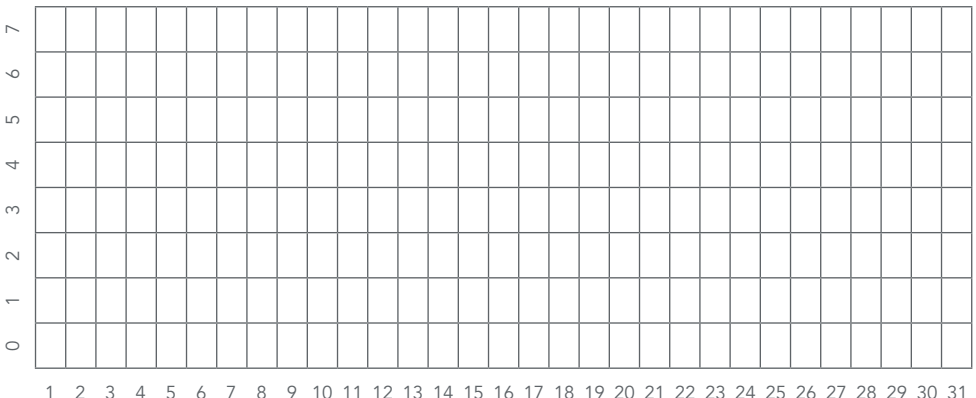
# October




# November





# December




# Episodes

		
Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		


		
Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		




Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		




Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		




Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		




Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		




Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		



Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		




Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		




Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		





Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		



Season	Soundtrack	
Episode	Date	Time
Location		Genre
Title		
Plot		

# In the Moment

## Anxiety Hacks

<b>Rationalise</b>	Ask yourself, will this matter in a day? A week? A month? A year? 5 years? 10 years?
<b>Stay Present</b>	Find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
<b>Stretch</b>	<p>Gently press the tip of your tongue to the roof of mouth, and your jaw will often fall open and relax on its own. Tilt your head forward and roll it around slowly on your neck clockwise, then counter clockwise. Raise your eyebrows up and down a few times to loosen your facial muscles. Shrug your shoulders as if saying, "I don't know," then leave them up high for a few seconds before letting them fall.</p> <p>Tense and then release various muscle groups in your body, from your hands, legs, shoulders, or feet. You may want to work your way up and down your body tensing and relaxing various muscle groups.</p>
<b>Visualise</b>	Try to visualise yourself in a relaxing place, it may be somewhere you've been before or completely imagined. An example could be a beach or mountain top, try to focus on specific details and senses like what you can see, smell, and hear. The key is to imagine a situation in which you feel calm, relaxed, and happy. Remember that anxiety is a temporary emotion, and changing your environment, even if just mentally is often an effective way to remind yourself that you can move beyond it.

# Unhelpful Thinking Styles

Is my thinking style unhelpful? Examples of unhelpful thinking styles include:

<b>All or nothing thinking</b>	(Black or white) We think in extremes and fail to recognise the shades of grey.
<b>Overgeneralising</b>	We draw broad conclusions from singular events.
<b>Mental Filter</b>	We ignore the positive and focus only on the negative.
<b>Personalisation</b>	we assign blame to ourselves or others for things that may be beyond our control.
<b>Labelling</b>	We assign labels to ourselves and others.
<b>Disqualifying the Positive</b>	We dismiss positive information.
<b>Jumping to Conclusions</b>	We either imagine what others are thinking (mind reading) or predict the future (fortune telling).
<b>Magnification (Catastrophising) and Minimisation</b>	We blow things out of proportion or inappropriately shrink things to seem less important.
<b>Should and Must</b>	We reflect our (often unreasonable) standards on ourselves and others leading to guilt, shame, and frustration.
<b>Emotional Reasoning</b>	We take our emotions as evidence of truth, for example 'if we feel hopeless then the problem must be impossible to solve'.

Fill in the boxes with each of the unhelpful thinking styles in the example below, answers on page 35.

I had a bad day at work, I did everything on my to-do list

1.

2.

except that one thing, I'm such an idiot, it's my fault,

3.

4.

5.

I should have eaten lunch at my desk to finish it,

6.

my boss is going to fire me, I'm incapable of keeping a job.

7.

8.

9.

10.

### How could we think about this scenario in a positive frame?

Some examples of positive thinking include:

- Self-encouragement thinking – Positive thoughts of oneself.
- Self-assertive thinking – This involves thoughts about doing well for others.
- Self-instructive and control thinking – This involves thoughts that guide performance.
- Self-affirmative thinking – This involves confident thoughts.



# I'm Grateful for...



# Moments that I cherish



## NEEDS

VS

## WANTS



# MAKE A NOTE

Movies/TV/shows to watch



Music to listen to



Books I would like to read



Dates to remember



Budget Tracker

Things I am saving up for:

Description of Item

Date

Amount



Notes and ideas



# Thoughts of the Day



# 100 things I'd like to do...

1	35	69
2	36	70
3	37	71
4	38	72
5	39	73
6	40	74
7	41	75
8	42	76
9	43	77
10	44	78
11	45	79
12	46	80
13	47	81
14	48	82
15	49	83
16	50	84
17	51	85
18	52	86
19	53	87
20	54	88
21	55	89
22	56	90
23	57	91
24	58	92
25	59	93
26	60	94
27	61	95
28	62	96
29	63	97
30	64	98
31	65	99
32	66	100
33	67	
34	68	

# Contacts

**IN AN EMERGENCY – CALL 000**

## 24/7 Crisis Lines

**Aboriginal & Torres Strait Islander  
Crisis Support Line**  
13YARN (13 92 76)

**Beyond Blue**  
1300 224 636

**Butterfly – Support for Eating  
Disorders and Body Image**  
1800 33 4673

**GambleAware**  
1800 858 858

**Kids Helpline**  
1800 551 800

**Lifeline**  
13 11 14

**National Domestic Family and Sexual  
Violence Counselling Service**  
1800 RESPECT (1800 737 732)

**NSW Mental Health Line**  
1800 011 511

**Suicide Call Back Service**  
1300 659 467

**Transcultural Mental Health Line**  
1800 648 911

## Council Contacts

**Cumberland City Council**  
8757 9000

## Local Contacts

**Auburn Diversity Services Inc.**  
8737 5500

**Auburn Youth Centre**  
9646 2122

**Barnados Program**  
8752 0300

**Community Migrant Resource Centre**  
9687 9901

**CREATE Foundation**  
9267 0977

**Headspace Parramatta**  
1300 737 616

**Multicultural Youth Affairs Network  
(MYAN) NSW**  
hello@myannsw.org.au

**Uniting**  
8830 0700

**Woodville Alliance**  
9722 5200

If you are concerned about your mental health, please speak to your GP.

**Youth Development Team**  
youth@cumberland.nsw.gov.au

For more information, please visit  
[www.cumberland.nsw.gov.au/mental-health-youth](http://www.cumberland.nsw.gov.au/mental-health-youth)

## What is mental health?

Mental health allows us to live life in a positive and meaningful way. It helps us to cope with normal day-to-day stressors, reach our potential and be actively involved in the community. Mental health can be visualised as a spectrum. At one end of the spectrum is the 'healthy' range; we can bounce back from challenges in our lives and are socially connected. At the other end is 'illness'; conditions that negatively impact how we feel, think and behave (e.g. anxiety and depression).



Everyone sits along the mental health spectrum and where we sit can change throughout the day depending on what's happening around us and how prepared we feel about dealing with the different stressors around us.

## Why Is It Important to care for mental health?

Taking care of our mental health can keep us in the 'healthy' range of the spectrum and improve many aspects of our lives. Some benefits include:

- **Social connections:** we're able to maintain healthy friendships and relationships with family.
- **Realliance:** we're better able to cope with day-to-day stressors and life challenges.
- **Productivity:** we're in the headspace to learn and excel in our areas of study and/or work
- **Better physical health:** good mental health boosts our immune system!

For more tips on how to have a healthy headspace, see:

<https://headspace.org.au/young-people/tips-for-a-healthy-headspace/>

## How do we know if we're having mental health difficulties?

Mental health difficulties are commonplace in young people. In fact, 1 in 4 young people will experience mental health difficulties at some point in their lives. These challenges can impact how we think, feel and behave in different ways with signs. You can find some examples below:

- **Feelings:** Lack of energy, irritability, mood swings, feeling 'down', lacking confidence
- **Thoughts:** Constant worrying, disorganized, racing thoughts, negative thoughts. For example, "I'm a failure", "It's all my fault", "Why does nothing good ever happen to me?"
- **Behaviours:** Isolating from friends/family, avoiding social situations, changes in eating/ sleeping patterns, lack of interest in previously enjoyed activities, struggling with day-to-day tasks, increased alcohol consumption and/or drugs
- **Physical:** Weight loss or gain, appetite changes, muscle pain/tension, fatigue, poor sleep or sleeping too much

Note mental health difficulties present differently for each individual.

# Types of Mental Health Disorders

## Anxiety Disorders

Anxiety disorders are characterised by excessive fear and worry and related behavioural disturbances. Symptoms are severe enough to result in significant distress or significant impairment in functioning. There are several different kinds of anxiety disorders, such as: generalised anxiety disorder (characterised by excessive worry), panic disorder (characterised by panic attacks), social anxiety disorder (characterised by excessive fear and worry in social situations), separation anxiety disorder (characterised by excessive fear or anxiety about separation from those individuals to whom the person has a deep emotional bond), and others. Effective psychological treatment exists, and depending on the age and severity, medication may also be considered.

## Depression

Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities, for most of the day, nearly every day, for at least two weeks. Several other symptoms are also present, which may include poor concentration, feelings of excessive guilt or low self-worth, hopelessness about the future, thoughts about dying or suicide, disrupted sleep, changes in appetite or weight, and feeling especially tired or low in energy. People with depression are at an increased risk of suicide. Yet, effective psychological treatment exists, and depending on the age and severity, medication may also be considered.

## Bipolar Disorder

People with bipolar disorder experience alternating depressive episodes with periods of manic symptoms. During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities, for most of the day, nearly every day. Manic symptoms may include euphoria or irritability, increased activity or energy, and other symptoms such as increased talkativeness, racing thoughts, increased self-esteem, decreased need for sleep, distractibility, and impulsive reckless behaviour. People with bipolar disorder are at an increased risk of suicide. Yet effective treatment options exist including psychoeducation, reduction of stress and strengthening of social functioning, and medication.

## **Post-Traumatic Stress Disorder PTSD**

PTSD may develop following exposure to an extremely threatening or horrific event or series of events. It is characterised by all of the following: 1) re-experiencing the traumatic event or events in the present (intrusive memories, flashbacks, or nightmares); 2) avoidance of thoughts and memories of the event(s), or avoidance of activities, situations, or people reminiscent of the event(s); and 3) persistent perceptions of heightened current threat. These symptoms persist for at least several weeks and cause significant impairment in functioning. Effective psychological treatment exists.

## **Schizophrenia**

Schizophrenia is characterised by significant impairments in perception and changes in behaviour. Symptoms may include persistent delusions, hallucinations, disorganised thinking, highly disorganised behaviour, or extreme agitation. People with schizophrenia may experience persistent difficulties with their cognitive functioning. Yet, a range of effective treatment options exist, including medication, psychoeducation, family interventions, and psychosocial rehabilitation.

## **Eating Disorders**

Eating disorders, such as anorexia nervosa and bulimia nervosa, involve abnormal eating and preoccupation with food as well as prominent body weight and shape concerns. The symptoms or behaviours result in significant risk or damage to health, significant distress, or significant impairment of functioning. Anorexia nervosa often has its onset during adolescence or early adulthood and is associated with premature death due to medical complications or suicide. Individuals with bulimia nervosa are at a significantly increased risk for substance use, suicidality, and health complications. Effective treatment options exist, including family-based treatment and cognitive-based therapy.

## **Disruptive behaviour and dissocial disorders**

This disorder, also known as conduct disorder, is one of two disruptive behaviour and dissocial disorders, the other is oppositional defiant disorder. Disruptive behaviour and dissocial disorders are characterised by persistent behaviour problems such as persistently defiant or disobedient to behaviours that persistently violate the basic rights of others or major age-appropriate societal norms, rules, or laws. Onset of disruptive and dissocial disorders, is commonly, though not always, during childhood. Effective psychological treatments exist, often involving parents, caregivers, and teachers, cognitive problem-solving or social skills training.

## **Neurodevelopmental Disorders**

Neurodevelopmental disorders are behavioural and cognitive disorders, that arise during the developmental period, and involve significant difficulties in the acquisition and execution of specific intellectual, motor, language, or social functions. Neurodevelopmental disorders include disorders of intellectual development, autism spectrum disorder, and attention deficit hyperactivity disorder (ADHD) amongst others. ADHD is characterised by a persistent pattern of inattention and/or hyperactivity-impulsivity that has a direct negative impact on academic, occupational, or social functioning. Disorders of intellectual development are characterised by significant limitations in intellectual functioning and adaptive behaviour, which refers to difficulties with everyday conceptual, social, and practical skills that are performed in daily life. Autism spectrum disorder (ASD) constitutes a diverse group of conditions characterised by some degree of difficulty with social communication and reciprocal social interaction, as well as persistent restricted, repetitive, and inflexible patterns of behaviour, interests, or activities. Effective treatment options exist including psychosocial interventions, behavioural interventions, occupational and speech therapy. For certain diagnoses and age groups, medication may also be considered.



# Breathing Exercises

## Box breathing

Prior to beginning, sit with your back in a comfortable chair, with your feet planted firmly on the floor. Close your eyes. Begin by slowly exhaling all your air out. Gently inhale for four counts through your nose, hold for four counts, and exhale four counts through your mouth. Wait for four counts and repeat.

## 4-7-8 breathing

Sit or lie down in a comfortable position. Let your lips part. Make a whooshing sound, exhaling completely through your mouth. Close your lips, inhaling silently through your nose as you count to four in your head. Then, for seven seconds, hold your breath. Make another whooshing exhale from your mouth for eight seconds and repeat.

## Pursed lip breathing

While this particular technique can be practiced anytime, it's particularly effective when you're focused and relaxed. To begin, inhale through your nose for at least two seconds, feeling the air move into your abdomen. Try to fill your abdomen with air instead of just your lungs. Purse your lips like you're blowing on hot food or whistling and exhale slowly for four seconds. Repeat for 3 to 4 breaths. Remember to stop immediately if you begin to feel light-headed or dizzy.

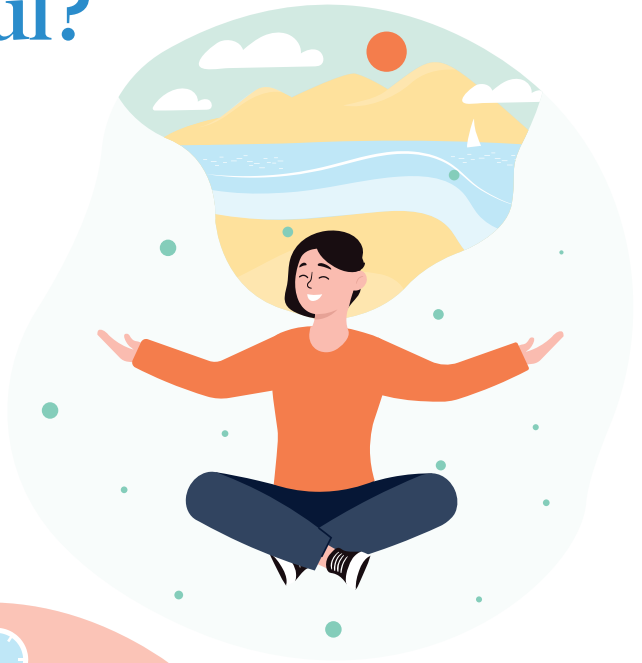
## Diaphragmatic breathing

While this technique can be practiced while standing or sitting, laying down seems to help most people do it correctly. Place one hand on your chest and one hand on your belly. Breathe in through your nose for about two seconds, feeling your stomach expand. The hand on your chest should barely move at all. Purse your lips (as if you're about to drink through a straw), press gently on your stomach, and exhale slowly for about two seconds. Again, the hand on your chest should barely move. Repeat.

## Alternate nostril breathing

Exhale completely and then use your right thumb to close your right nostril. Inhale through your left nostril and then close the left nostril with your fingers. Open the right nostril and exhale through this side. Inhale through the right nostril and then close this nostril. Open the left nostril and exhale through the left side. This is one cycle. Repeat.

# Mind full, or Mindful?



## Answers for page 20

I had a bad day at work, I did everything on my to-do list

1. All or nothing thinking

2. Disqualifying the Positive

except that one thing, I'm such an idiot, it's my fault,

3. Mental filter

4. Labelling

5. Personalisation

I should have eaten lunch at my desk to finish it,

6. Should and Must

my boss is going to fire me, I'm incapable of keeping a job.

7. Jumping to Conclusions

8. Catastrophising

9. Emotional Reasoning

10. Overgeneralising

# Fantasy Island

