

Mood The Day

Running Press

What's Your Mood? Kimberly Potts,2005-01-19 Scarily enough, the average teen changes moods approximately every thirty seconds. What's Your Mood? is the first book that helps teenagers identify and understand their moods.

A Really Good Day Ayelet Waldman,2017 In an effort to treat a debilitating mood disorder, Ayelet Waldman undertook a very private experiment, ingesting 10 micrograms of LSD every three days for a month. This is the story--by turns revealing, courageous, fascinating and funny--of her quietly psychedelic spring, her quest to understand one of our most feared drugs, and her search for a really good day--

Theo's Mood Maryann Cocca-Leffler,2013-09-01 The Best Children's Books of the Year 2014, Bank Street College On Mood Monday, students describe their moods after the weekend. But Theo doesn't know what to say because he has a new baby sister and is feeling so many emotions all at once. It's Mood Monday and Miss Cady's class is sharing how they feel after the weekend. But Theo

doesn't know whether he's in a good mood or a bad mood. He has a new baby sister, and he isn't just happy like Eric who got a new bike or sad like April who lost her dog. As Theo's classmates discuss all their feelings, he realizes he's not in a good mood or a bad mood—he's both those things!

Today I Feel Silly & Other Moods That Make My Day Jamie Lee Curtis, 1998-09-10 Today I feel silly. Mom says it's the heat. I put rouge on the cat and gloves on my feet. I ate noodles for breakfast and pancakes at night. I dressed like a star and was quite a sight. Today I am sad, my mood's heavy and gray. There's a frown on my face and it's been there all day. My best friend and I had a really big fight. She said that I tattled and I know that she's right. Silly, cranky, excited, or sad--everyone has moods that can change each day. Jamie Lee Curtis's zany and touching verse, paired with Laura Cornell's whimsical and original illustrations, helps kids explore, identify, and, even have fun with their ever-changing moods. Here's another inspired picture book from the bestselling author-illustrator team of *Tell Me Again About the Night I Was Born* and *When I Was Little: A Four-Year-Old's Memoir of Her Youth*.

The Book of Moods Lauren Martin, 2020-12-08 The Happiness Project meets So Sad Today in this hilariously witty, unflinchingly honest book from Words of Women founder Lauren Martin, as she contemplates the nature of negative emotions -- and the insights that helped her to take control of her life (Bobbi Brown). Five years ago, Lauren Martin was sure something was wrong with her. She had a good job in New York, an apartment in Brooklyn, a boyfriend, yet every day she wrestled with feelings of inferiority, anxiety and irritability. It wasn't until a chance encounter with a (charming, successful) stranger who revealed that she also felt these things, that Lauren set out to better understand the hold that these moods had on her, how she could change them, and began to blog about the wisdom she uncovered. It quickly exploded into an international online community of women who felt like she did: lost, depressed, moody, and desirous of change. Inspired by her audience to press even deeper, The Book of Moods shares Lauren's journey to infuse her life with a sense of peace and stability. With observations that will resonate and inspire, she dives into the universal triggers every woman faces -- whether it's a comment from your mother, the relentless grind at your job, days when you wish the

mirror had a Valencia filter, or all of the above. Blending cutting-edge science, timeless philosophy, witty anecdotes and effective forms of self-care, Martin has written a powerful, intimate, and incredibly relatable chronicle of transformation, proving that you really can turn your worst moods into your best life.

Mood and Temperament David Watson, 2000-01-27 Integrating findings from recent literature and his ongoing 20-year research program, Watson (psychology, U. of Iowa) presents a framework for understanding short-term mood fluctuations and their relationship to differences in temperament and emotionality. He discusses the biological and environmental bases for mood fluctuations, relates affectivity to personality, links negative emotionality to various health complaints, and describes the implications of his study for theories of happiness.

Today's Mood Cranky With A Touch Of Psycho Anxiety Tracker Publishing, 2019-08-30 Today's Mood Cranky With A Touch Of Psycho: Mood Tracker Journal, Can Daily Help Track Your Mood Book This weekly reflection Mood Journal is a perfect tracker to use and keep as a personal diary and

record your thoughts and current mood from day to day. A great way of tracking your mental health and well-being. You will be able to monitor your emotions, anxiety, feelings, levels of depression or any other symptoms you might be having, with these journal prompts. Also a great way to figure out what your triggers are. There's plenty of blank lined space to write any feelings of gratitude, any pain medication you take or any other important details you wish to record. If you want to lead a fulfilling life, improve your outlook, become less stressed and take better care of yourself, it becomes much simpler by writing and reflecting for your best balanced self. Makes a beautiful gift. Size is 6x9 inches, 101 pages, white paper, soft matte finish cover, paperback. Also comes with a contact page.

Page a Day Mood Journal Artful Journals Notebooks, 2019-04-07 Track your moods with our one page per day, 12 week Mood Tracker. 6 x 9, 127 pages. Perfect size to throw in your bag. One page for each day! Write in a quick note about anything that you think may have affected your mood, and then check off your mood for the day, and you're done. Undated with weekdays unlabeled. Start any time you want, no waiting! Contains a separate mood tracker chart for each week. Additionally, there

are two final mood tracking charts for you to fill out. One chart shows an overview by week/day for the whole 12 weeks, another shows how many days over the 12 week period you experienced each mood. Happy Journaling!

Mood William N. Morris, 2012-12-06 This is a book about moods. Though I will define the term somewhat more carefully in Chapter 1, it might help to note here that I use the word mood to refer to affective states which do not stimulate the relatively specific response tendencies we associate with emotions. Instead, moods are pervasive and global, having the capability of influencing a broad range of thought processes and behavior. My interest in mood was provoked initially by the empirical and conceptual contributions of Alice Isen and her colleagues. What fascinated me most was the suggestion first made in a paper by Clark & Isen (1982) that mood seemed to affect behavior in two very different ways, i. e. , mood could automatically influence the availability of mood-related cognitions and, thereby, behavior, or mood, especially of the bad variety, might capture our attention in that if it were sufficiently aversive we might consciously try to get rid of it, a controlled or strategic response.

One Line a Day Mood Tracker: Thirty-One-Day, Abstract Slicing Rain, Condensed Mood Diary, Complete with Sketch Areas and Color Charts. L. S. Goulet, Lsgw, 2019-02-13

If you have trouble journaling or have never tried it, you may find that the one-line-a-day journal system may be helpful in chronicling different events or aspects of your life. This particular journal guides you in chronicling your moods and their triggers from one line to a few lines a day. This innovative design contains three sections: morning, afternoon, and evening. Simply jot a few words or lines describing how you feel. Note if there were any specific triggers that enabled this mood. If writing any words seems too much on any specific day, try sketching a picture or coloring in one of the mood tracker charts with a pencil or colors. Each section is purposefully small, but if you feel like venting, turn toward the back and enter what you need in the Expanded Notes section. Are you feeling particularly angry? Splash some black crayon across the page. Learn to identify your feelings and portray them in some manner that makes sense to you. Let it all out. It's just you and the journal. Also, toward the back of the journal is a one-month-long mood color chart. Fill this in at the end of every day to get a look, in color, at your moods

overall. An easy to write, easy to read journal of feelings. Give it a try and dip your toe in the fascinating world of journaling without getting too wet!

12 Week Mood Tracker Journal Artful Journals and Notebooks, 2019-04-05 Track your moods with our one page per day, 12 week Mood Tracker. 6 x 9, 127 pages. Perfect size to throw in your bag. One page for each day! Write in a quick note about anything that you think may have affected your mood, and then check off your mood for the day, and you're done. Undated with weekdays unlabeled. Start any time you want, no waiting! Contains a separate mood tracker chart for each week. Additionally, there are two final mood tracking charts for you to fill out. One chart shows an overview by week/day for the whole 12 weeks, another shows how many days over the 12 week period you experienced each mood. Happy Journaling!

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My Mood Tracker 12 Week Mood Diary Artful Journals and Notebooks, 2019-04-06 Track your moods with our one page per day, 12 week Mood Tracker. 6 x 9, 127 pages. Perfect size to throw in your bag. One page for each day! Write in a quick note about anything that you think may have affected your mood, and then check off your mood for the day, and you're done. Undated with weekdays unlabeled. Start any time you want, no waiting! Contains a separate mood tracker chart for each week. Additionally, there are two final mood tracking charts for you to fill out. One chart shows an overview by week/day for the whole 12 weeks, another shows how many days over the 12 week period you experienced each mood.

Mood Tracker Amy Newton,2020-07-31

emoji a day Running Press,2017-09-19 This fun flip chart brings 100 of your favorite emoji off the screen so you can choose your mood each day. The perfect gift for coworkers, friends, or yourself! This spiral-bound book opens and morphs into a flip chart perfect for showing your office mates, friends, and family members how you really feel. Simply find the emoji that best sums up your mood (feeling smug? Happy? Lovestruck? Like poop?) and display it for all to see.

One Line a Day Mood Tracker: Thirty-One-Day, Psychedelic Flowers, Condensed Mood Diary, Complete with Sketch Areas and Color Charts. L. S. Goulet,Lsgw,2019-02-14 If you have trouble journaling or have never tried it, you may find that the one-line-a-day journal system may be helpful in chronicling different events or aspects of your life. This particular journal guides you in chronicling your moods and their triggers from one line to a few lines a day. This innovative design contains three sections: morning, afternoon, and evening. Simply jot a few words or lines describing how you feel. Note if there were any specific triggers that enabled this mood. If writing any words seems too much

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In My Heart Jo Witek, 2014-10-14 Celebrate feelings in all their shapes and sizes in this New York Times bestselling picture book from the Growing Hearts series! Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. *In My Heart* explores a full range of emotions, describing how they feel physically, inside, with language that is lyrical but also direct to empower readers to practice

articulating and identifying their own emotions. With whimsical illustrations and an irresistible die-cut heart that extends through each spread, this gorgeously packaged and unique feelings book is sure to become a storytime favorite.

Mood Tracker Lo Books,2019-10 Looking to track your mood but don't want to draw your own? Consider this mood tracker with coloring pages ready for mood tracking. This Mood Tracker Journal is a fun and easy way to track and see your mood. With 26 pages of unique weekly mood trackers in a coloring book style, this book will help you keep track for six months. See a complete overview of your daily mood with a six month daily tracker in the back of the mood tracker. This mood tracker coloring book features the following: 26 Weekly Trackers, color in each day according to your general mood and at the end of the week see the completely colored page to see what mood was most prominent. 1 six month daily grid tracker with 180 days to track. 8 x 10 Examples on back cover Attractive front cover This is great for your bujo mood tracking dreams without templates or drawing your own.

Mood Mapping Liz Miller,2010-03-05 Mood mapping simply involves plotting how you feel against

your energy levels, to determine your current mood. Dr Liz Miller then gives you the tools you need to lift your low mood, so improving your mental health and wellbeing. Dr Miller developed this technique as a result of her own diagnosis of bipolar disorder (manic depression), and of overcoming it, leading her to seek ways to improve the mental health of others. This innovative book illustrates:

- * The Five Keys to Moods: learn to identify the physical or emotional factors that affect your moods
- * The Miller Mood Map: learn to visually map your mood to increase self-awareness
- * Practical ways to implement change to alleviate low mood

Mood mapping is an essential life skill; by giving an innovative perspective to your life, it enables you to be happier, calmer and to bring positivity to your own life and to those around you. ‘A gloriously accessible read from a truly unique voice’ Mary O’Hara, Guardian

‘It’s great to have such accessible and positive advice about our moods, which, after all, govern everything we do. I love the idea of MoodMapping’ Dr Phil Hammond

‘Can help you find calm and take the edge off your anxieties’ Evening Standard

‘MoodMapping is a fantastic tool for managing your mental health and taking control of your life’ Jonathan Naess, Founder of Stand to Reason

Today's Mood Anxiety Tracker Publishing,2019-09-02 Today's Mood: Tired As Hell & Not In The Mood To Deal With Anyone's Bullshit!: Mood Tracker Journal, Can Daily Help Track Your Mood Book This weekly reflection Mood Journal is a perfect tracker to use and keep as a personal diary and record your thoughts and current mood from day to day. A great way of tracking your mental health and well-being. You will be able to monitor your emotions, anxiety, feelings, levels of depression or any other symptoms you might be having, with these journal prompts. Also a great way to figure out what your triggers are. There's plenty of blank lined space to write any feelings of gratitude, any pain medication you take or any other important details you wish to record. If you want to lead a fulfilling life, improve your outlook, become less stressed and take better care of yourself, it becomes much simpler by writing and reflecting for your best balanced self. Makes a beautiful gift. Size is 6x9 inches, 101 pages, white paper, soft matte finish cover, paperback. Also comes with a contact page.

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