

## FACTORS THAT AFFECT MY MOOD/FEELINGS

This exercise is useful for when you are feeling overwhelmed by issues. It can be done at any time as a "snapshot" of feelings and can be used to map mood and design some strategies for emotional resilience.

Write down the factors which you feel are outside your control and affecting your mood or feelings - positively or negatively. Take each factor in turn and consider whether you can control your reaction to it in any way. Make a list of strategies for each different situation.

