

MOOD TRACKER

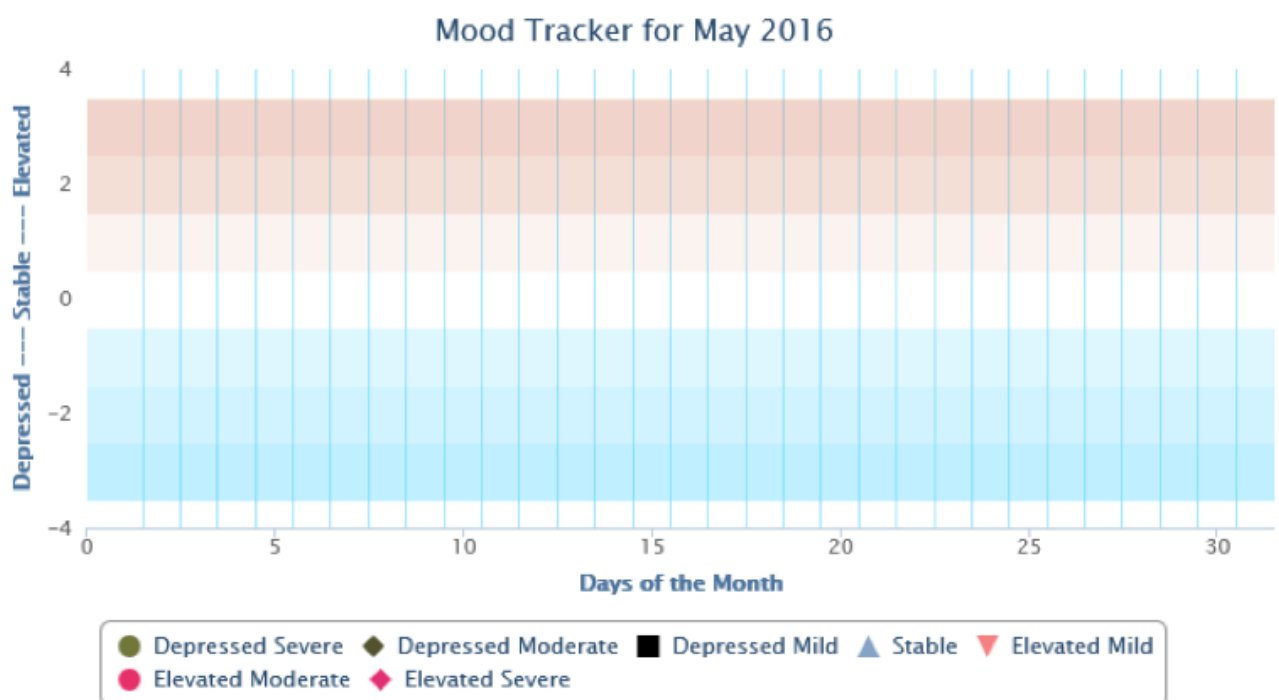
Keeping track of your day-to-day mood and stressors can help your recovery. You can sign up for MyChart™ and use the Mood Tracker Feature that is listed under “Personal Records”.

To learn more about MyChart visit mychart.ca or call 416-480-6794.

Mood tracker

The picture below is a sample of the mood chart as shown on MyChart™.

Record your day to day moods and feelings using this tool.



There are also many apps available on-line that can help you log, track and chart information about your mood.