

# Social Interaction and Mood

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Does your mood impact your social interactions with others? Do you find yourself reaching out to others or isolating yourself? For the next week, track your mood and rate your level of social interaction. What strategies can you use to help increase positive interactions with others?

	Describe Mood	Notable Events	Social Interaction
Example	<i>Tired, irritable</i>	<i>Large assignment due &amp; difficulty getting started</i>	<i>Stayed to myself, ate dinner with my parents, didn't speak much</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			