



Homewood Therapy@Home

Positively Memorable: Elevate Your Mood with a Memory Tracker

When you're having a tough day, it's natural for negative thoughts and feelings to take over and make it harder to remember the good moments. Of course, not every memory will be positive, but often, a little shift in perspective can help you notice the bright spots you may have overlooked.

If it feels difficult to recall the positive moments, consider using this month-by-month memory tracker. It can gently help you notice and record uplifting experiences while still honouring your memories as they truly happened.

Here's an example:

Month: September

Memory: My best friend surprised me with a funny video on a tough workday.

What made this event/experience memorable? It reminded me that I have people who care about me, even when I'm stressed.

How I felt:

- Leading up to this memory: Tired, overwhelmed
- During this memory: Surprised, happy, cared for
- After this memory: Relieved, calm, more positive

Positive aspects of the experience: Feeling supported and appreciated.

Why these aspects felt positive: They reminded me that I'm not alone in hard moments.

Negative aspects of the experience: The stressful workday itself.

Why these aspects felt negative: I felt overloaded and drained.

If any negative memories remain, are there any positive memories around this time you can remember? Later that week, I had a fun dinner with my family.

How this positive memory makes me feel: Loved, cheerful, hopeful.

How I want to remember this time of my life: Even when I'm stressed, I can find joy in small, meaningful moments.

Now it's your turn to try it out:

Month: ☐ January ☐ February ☐ March ☐ April
☐ May ☐ June ☐ July ☐ August
☐ September ☐ October ☐ November ☐ December

Memory: _____

What made this event/experience memorable? _____

How I felt:

1. Leading up to this memory:

☐ Happy ☐ Excited ☐ Calm ☐ Tired
☐ Sad ☐ Angry ☐ Nervous
☐ Other: _____

2. During this memory:

☐ Happy ☐ Excited ☐ Calm ☐ Tired
☐ Sad ☐ Angry ☐ Nervous
☐ Other: _____

3. After this memory:

☐ Happy ☐ Excited ☐ Calm ☐ Tired
☐ Sad ☐ Angry ☐ Nervous
☐ Other: _____

Positive aspects of event/experience that helped you feel supported, comforted, or encouraged: _____

If so, why did these aspects feel positive or meaningful to you? _____

Negative or challenging aspects of the event/experience (What felt heavy, overwhelming, or difficult?): _____

If so, Why did these aspects feel difficult or draining for you? _____

If any negative or difficult memories remain, are there any positive memories around this time you can remember? _____



How does this positive memory make you feel?

- ☐ Happy ☐ Loved ☐ Cheerful ☐ Humorous
☐ Nostalgic ☐ Other: _____

How I want to remember this time of my life: _____

Negative thinking and overthinking are common – our brains are wired to focus on difficulties as a way of protecting us. But when these patterns take over, they can leave us feeling stuck. A memory tracker can help restore balance by bringing positive experiences back into focus.

Sometimes, these thought patterns can be symptoms of stress, anxiety, depression, or trauma – all of which are mental health concerns that can be alleviated with the help of a trained counsellor. If you notice that difficult thoughts or memories are making it hard to enjoy the present, know that you don't have to face them alone. Talking with a counsellor can provide support, coping tools, and a safe space to explore your experiences.

Book a one-on-one online counselling session with one of Homewood Therapy@Home's qualified Canadian counsellors to help improve your mood, think positively, and remember fondly:

<https://homewoodhealth-therapy-counselling-services.janeapp.com/#/individual-counselling>