

## Mood Tracking and Journaling

**Checking in with yourself can be one of the most powerful things you do.** These apps help you notice how you're feeling, track patterns over time and express your thoughts without judgment.

### Apps

#### [How We Feel Mood Tracker](#)

A simple, science-based app to help you name and track your emotions—because naming your feelings is the first step in managing them.

#### [Daylio Journal](#)

A private, visual journal that helps you track your mood, habits and daily reflections without needing to write long entries.