

# mood & symptom monitoring

The purpose of self monitoring is to help you become more aware of yourself, your moods, and what's going on in your life so that you can better manage your illness, make informed decisions, prevent further illness episodes, and ultimately have the quality of life you want. Basically, self-monitoring involves identifying subtle changes in your daily mood and being aware if you are experiencing hypomanic, manic, and depressive symptoms. Self-monitoring doesn't take long to do and you'll find that it gets easier once you include it in your daily routine.

## Mood Monitoring

The first step to self monitoring is monitoring your mood for the day. Ask yourself, "How did I feel today? Was my mood within the normal range, or was I feeling slightly low or high? How low? How high?" Rate your mood, between -5 (depressed) and +5 (manic). Try to rate your mood at the same time everyday. Use the mood graph below to monitor your moods. Try it for a week and see if you can identify any pattern in your mood fluctuations.

You might also want to take note of the circumstances in which you experienced particularly high or low moods. Bring your completed mood graph to your doctor or mental health professional and discuss your observations with them.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Date:							

### Manic

+5	.	.	.	.	.	.	.
+4	.	.	.	.	.	.	.
+3 Time to Intervene	.	.	.	.	.	.	.
+2 Monitor Closely	.	.	.	.	.	.	.
+1	.	.	.	.	.	.	.
0 Normal	.	.	.	.	.	.	.
-1	.	.	.	.	.	.	.
-2 Monitor Closely	.	.	.	.	.	.	.
-3 Time to Intervene	.	.	.	.	.	.	.
-4	.	.	.	.	.	.	.
-5	.	.	.	.	.	.	.

### Depressed

Circumstances in which I experienced high or low moods:

## Symptom Monitoring

Another way of monitoring yourself is to identify and be aware of any signs and symptoms associated with a depressive, manic, or mixed episode that you might be experiencing. Use the worksheet below to record any symptoms that might have interfered with most of your day-to-day activities. If you experience a number of these symptoms over a few days, you might want to consider taking some action. Talk to your doctor or mental health professional about what you can do to prevent a full-blown mood episode.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Date:							
Depressed mood							
Loss of interest or pleasure							
Increase or decrease in appetite							
Unable to sleep or sleep too much							
Physically agitated or slowed down							
Fatigue or loss of energy							
Feeling worthless or guilty							
Unable to concentrate or make decisions							
Thoughts of death or suicide							
Elevated or irritable mood							
Increased self-esteem or self-confidence							
Decreased need for sleep							
More talkative than usual							
Racing thoughts							
Easily distracted							
Increase in goal-directed activity							
Overly eager to engage in pleasurable activities							

Circumstances in which I experienced these symptoms:

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