

Mood Diary

Into Balance with Daily Tracking.

Brought to you by:



makers of Equetro® (carbamazepine extended-release capsules).

Make a Plan with Your Physician

STEP 1:

Use the **Mood Diary** to track your medications, sleep habits, moods, and symptoms. Page 9 explains these and shows you how to complete the **Mood Diary** each day.

STEP 2:

Agree to a plan with your physician for when things start to feel out of balance. Record your plan in the section below.

STEP 3:

Review your **Mood Diary** throughout the week to look for patterns you and your physician identified in your plan. If you see a “red flag,” don’t wait...call your doctor.

My Plan for Staying in Balance

I will call Dr. _____ at _____ when:

- I experience manic and/or depressive symptoms (listed on page 9) for _____ days in a row.

- I experience side effects that are particularly bothersome.

- _____

Week of: _____

SUNDAY

Medications taken: _____ AM _____ PM

Circle the number that describes your mood today:
1 2 3 4 5 6 7 8 9 10
Depressed Normal Manic

Total hours I slept: _____

Notes (Symptoms, side effects, or concerns)

MONDAY

Medications taken: _____ AM _____ PM

Circle the number that describes your mood today:
1 2 3 4 5 6 7 8 9 10
Depressed Normal Manic

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Notes (Symptoms, side effects, or concerns)

TUESDAY

Medications taken: _____ AM _____ PM

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Notes (Symptoms, side effects, or concerns)

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THURSDAY

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FRIDAY

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Tip of the Week
Set aside a specific time each day (such as bedtime) to record information in your Mood Diary. This routine will help you keep your diary up to date.

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Notes (Symptoms, side effects, or concerns)

Tip of the Week

Check out local bipolar support groups through the Depression and Bipolar Support Alliance (www.dbsalliance.org) or a nearby mental health center. Others may share their successful strategies for staying well.

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Notes (Symptoms, side effects, or concerns)

Tip of the Week
Review your Mood Diary entries with a trusted friend or family member. Do they perceive your moods and symptoms the same way you do?

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Notes (Symptoms, side effects, or concerns)

Tip of the Week

When an event or situation makes you unusually stressed or excited, it can trigger a mood shift. Pay attention to such "trigger events" and talk to your physician or another professional about how to anticipate these events so you can take steps to prevent a mood shift.

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Total hours I slept: _____

Depressed Normal Manic

Notes (Symptoms, side effects, or concerns)

Tip of the Week

Thinking of doing something a little daring? Sleep on it, and then ask a trusted friend or family member for advice.

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Total hours I slept: _____

Depressed Normal Manic

Notes (Symptoms, side effects, or concerns)

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Depressed Normal Manic

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Tip of the Week

Stick to a sleep schedule. Remember that sleeping too little or too much could be a symptom of mania or depression.

Use this Mood Diary to track...

- **Medications Taken** — Developing a routine of taking your medications as prescribed and around the same time daily is critical to staying in balance.
- **Sleep** — Needing less or more sleep than usual may be a key symptom of mania and depression.
- **Moods** — You can often “short-circuit” extreme mania or depression by charting mood shifts, if one occurs, and calling your doctor for advice.
- **Symptoms** — When your symptoms change, it may mean that your mood is “switching.” Each day, record any of the symptoms that you experience.
- **Medication Side Effects** — Medications can have side effects. It is important to talk with your physician so that side effects can be effectively managed as part of your treatment.

Week of: 12/04/05-12/10/05

SUNDAY		Circle the number that describes your mood today:		Notes (Symptoms, side effects, or concerns)
Medications taken:		1	2	<hr/> <hr/> <hr/>
<input checked="" type="checkbox"/> AM <input checked="" type="checkbox"/> PM		3	4	
Total hours I slept:	6	5	6	
		Depressed	Normal	Manic

Manic Symptoms

- Aggressive behavior
- Extreme irritability
- Impulsive behavior or reckless spending
- Rapid speech/racing thoughts
- Little need for sleep

Depressive Symptoms

- Lasting sadness or hopelessness
- Loss of interest in everyday activities
- Feeling constantly tired
- Trouble sleeping or oversleeping
- Recurring thoughts of death or suicide
