

# Mood Diary

A Guide to Tracking Your Mood

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## Make a Plan with Your Physician

**STEP 1:**

Use the **Mood Diary** to track your medications, sleep habits, moods, and symptoms. Page 3 explains these and shows you how to complete the **Mood Diary** each day. Use page 3 as your guide to completing this diary.

**STEP 2:**

Make 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 identify an unusual change, 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 3) for \_\_\_\_\_ days in a row.
- I experience side effects that are particularly bothersome.

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 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, call your doctor for advice.
- **Symptoms** — When your symptoms change, it may mean that your mood is “switching.” Each day, record 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: 12/04/11 - 12/10/11

SUNDAY	
Medications taken:	Circle the number that describes your mood today:
<input checked="" type="checkbox"/> AM <input checked="" type="checkbox"/> PM	1   2   3   4   5 <b>6</b> 7   8   9   10
Total hours I slept:	Depressed    Normal    Manic
<b>6</b>	Notes (Symptoms, side effects, or concerns)
	_____
	_____

### 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

\_\_\_\_\_  
\_\_\_\_\_

Week of: \_\_\_\_\_

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Total hours I slept: <input type="text"/>	Depressed Normal Manic	

**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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**Tip of the Week**  
Check out local bipolar support groups through the Depression and Bipolar Support Alliance ([www.dbsalliance.org](http://www.dbsalliance.org)) or a nearby mental health center. Others may share their successful strategies for staying well.

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AM PM

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Total hours I slept: \_\_\_\_\_

Depressed Normal Manic

Notes (Symptoms, side effects, or concerns)  
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**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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**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.

Week of: \_\_\_\_\_

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Total hours I slept: <input type="text"/>	Depressed Normal Manic	

**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.*



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

Total hours I slept: \_\_\_\_\_  
Depressed Normal Manic

Notes (Symptoms, side effects, or concerns)  
\_\_\_\_\_  
\_\_\_\_\_  
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### MONDAY

Medications taken: \_\_\_\_\_  
AM PM

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

Total hours I slept: \_\_\_\_\_  
Depressed Normal Manic

Notes (Symptoms, side effects, or concerns)  
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AM PM

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Notes (Symptoms, side effects, or concerns)  
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Depressed Normal Manic

Notes (Symptoms, side effects, or concerns)  
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### SATURDAY

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AM PM

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Total hours I slept: \_\_\_\_\_  
Depressed Normal Manic

Notes (Symptoms, side effects, or concerns)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**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.*