

Using this calendar to track your mood and anxiety

This calendar helps you monitor your mood and anxiety on a daily basis. It can help you and your health care professional review your symptoms and treatment.

At the end of each day, take a few moments to think about your day, what you experienced, how you felt, how you acted, etc. Then follow these steps for recording the information.

1. Medications/Herbal supplements

List all the medications and supplements you take in the spaces provided, including the daily dosages and number of pills that should be taken each day. At the end of each day, write the exact number of tablets or capsules of each medication that you actually took in the appropriate day's space.

2. Hours of sleep

Estimate the number of hours of sleep you had the previous night.

3. Rate the severity of your mood episodes

Record how much your mood has affected your ability to function at home, work, or school by putting an **X** in the appropriate space.

4. Mixed states

If you have symptoms of mania and depression at the same time (a mixed state) put a check mark (✓) in the appropriate day's space.

5. Alcohol or drug use

Put a check mark in the appropriate day's space if you drank or used drugs.

6. Rate the severity of your anxiety symptoms

Record how much your anxiety, worry or panic has affected your ability to function at home, work or school by putting an **X** in the appropriate space.

7. Record other symptoms and life events

List physical or mental symptoms (such as loss of appetite, pain, paranoia or thoughts of suicide) or life events (such as job loss or family crisis). Rate how much each symptom or event interferes with your life on the day(s) it affects you.

0 10
No interference with life Most interference with life



Depression and Bipolar Support Alliance

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The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand.

DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

Assisted by a Scientific Advisory Board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 1,000 peer-run support groups across the country. Over four million people request and receive information and assistance each year. DBSA's mission is to improve the lives of people living with mood disorders.

Symptoms of mania/hypomania

- Increased energy
- Agitated or irritable moods
- Inflated self-esteem or grandiose feelings
- Decreased need for sleep
- More talkative than usual, or pressure to keep talking
- Flight of ideas or racing thoughts
- Easily distracted
- Excessive involvement in pleasurable activities (spending sprees, sexual activity, foolish investments or business ventures)

Symptoms of depression

- Decreased energy
- Sad, empty feelings
- Loss of interest or pleasure in usual activities
- Inability to concentrate
- Significant weight loss or gain
- Change in sleep patterns, inability to sleep, or increased periods of sleep
- Feelings of worthlessness or inappropriate guilt
- Inability to make decisions
- Recurring thoughts of death or suicide

Symptoms of anxiety

- Worry
- Fears
- Thoughts that don't go away
- Avoidance of people, places or things
- Compulsions
- Restlessness
- Aches, pains
- Rapid heartbeat
- Shortness of breath
- Nausea
- Faintness
- Dry mouth
- Sweating
- Shaking

MONTH _____

YEAR _____

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

MEDICATION/SUPPLEMENT OR PILL NAME

DAILY DOSE

OF PILLS PER DAY

TOTAL NUMBER TAKEN PER DAY

HOURS OF NIGHTTIME SLEEP

MAINTAINANCE DEPRESSION

SEVERE Incapacitated or hospitalized

HIGH MODERATE Great difficulty with goal-oriented activity

LOW MODERATE Some difficulty with goal-oriented activity

MILD Usual routine not affected much

STABLE

MILD Usual routine not affected much

LOW MODERATE Functioning with some effort

HIGH MODERATE Functioning with great effort

SEVERE Incapacitated or hospitalized

MIXED STATE (✓) IF YES

USED ALCOHOL/DRUGS (✓) IF YES

ANXIETY

SEVERE Immobilizing anxiety

HIGH MODERATE Great effort to fight anxiety symptoms

LOW MODERATE Some effort to fight anxiety symptoms

MILD Usual routine not affected much

STABLE

OTHER SYMPTOMS OR LIFE EVENTS

INTERFERENCE WITH LIFE (0=LEAST; 10=MOST)

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31