

humantold

Mood Symptoms

In this activity, you will be establishing the warning signs that depression or mania may be returning. Try to remain curious and describe the symptoms as opposed to judge them as positive or negative for now.

In each column describe how you experience each mood symptom and when you are feeling non-symptomatic.

Category	When manic or hypomanic	When depressed or down	Feeling okay, or like my usual self
Mood			
Attitude toward self			
Self-confidence			
Usual activities			
Social activity			
Sleep habits			
Appetite/eating habits			
Concentration			
Speed of thought			
Creativity			

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Interest in having fun			
Restlessness			
Sense of humor			
Energy level			
How noise affects you			
Outlook on the future			
Speech patterns			
Decision-making ability			
Concern for others			
Thoughts about death			
Ability to function			
Other areas:			