## humantold

## Mood Tracking (Week)

This activity will assist you with monitoring your daily mood fluctuations over the course of a week. Repeat this as needed to learn more about your rhythms.

Try to ask yourself at the same time everyday. Avoid doing this in the hardest or best moment of the day

- How did I feel today?
- Was it within my normal limits (WNL)?

Week of:	Plan	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Hours Slept:								
<b>+5 Manic</b> , psychotic symptoms	Go to hospital							
+4 Manic, poor judgement								
+3 Hypomanic	Use supports							
+2 Energized	Take action							
+1 Нарру	Monitor							
<b>0</b> No symptoms								
-1 Down	Monitor							
<b>-2</b> Sad	Take action							
-3 Depressed	Use supports							
-4 Immobilized								
-5 Severe, Suicidal Depressed	Go to hospital							
Daily Notes: • Triggers/Causes • Treatments used								

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## **Reflection:**

- Were there any circumstances in which I experienced elevated highs or lows?
- Were there any patterns I noticed?
- How can I better understand my baseline or what is within my normal limits?

Lim, L., & Smith, L. (2003). Keeping your Balance: Coping with Bipolar Disorder. Perth, Western Australia: Centre for Clinical Interventions.

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