

humantold

Symptom Monitoring

This activity will assist you with monitoring your symptoms over the course of a week. Repeat this as needed to learn more about what symptoms are coming up and how frequent. This will help inform planning early interventions

Ask yourself:

- What symptoms did I experience today that interfered with my day to day activities?
- Are there any observations I have about the circumstance I experienced these symptoms?
- Are there any patterns of durations and frequency of symptoms?

| Week of: | Sun | Mon | Tues | Wed | Thur | Fri | Sat |
|---|-----|-----|------|-----|------|-----|-----|
| Hours Slept: | | | | | | | |
| Depressed mood | | | | | | | |
| Loss of interest or pleasure | | | | | | | |
| Increase or decrease in appetite | | | | | | | |
| Unable to sleep or sleep to much | | | | | | | |
| Physically agitated or slowed down | | | | | | | |
| Fatigue or loss of energy | | | | | | | |
| Feeling worthless or guilty | | | | | | | |
| Unable to concentrate or make decisions | | | | | | | |
| Thoughts of death or suicide | | | | | | | |

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|--|--|--|--|--|--|--|--|
| Elevated or irritable mood | | | | | | | |
| Increased self-esteem or self-confidence | | | | | | | |
| Decreased need for sleep | | | | | | | |
| More talkative than usual | | | | | | | |
| Racing thoughts | | | | | | | |
| Easily distracted | | | | | | | |
| Increase in goal-directed activity | | | | | | | |
| Overly eager to engage in pleasurable activities | | | | | | | |
| Other: | | | | | | | |

Reflection:

- What were the circumstances in which I experienced these symptoms?
- Were there any patterns I noticed?
