

Chapter 16: Monitoring your bipolar disorder

Daily mood chart: downloadable chart

Purpose of this chart: To monitor mood, symptoms and treatment over time and to detect early changes and identify triggers to give you more control over your bipolar disorder.

Tips for using this chart

- Details on how to fill in each section of the chart out and an example are provided in chapter 16
- Recording your information on this chart on a daily basis will provide you and your doctor with an invaluable record of how things are going and assist you in making treatment decisions.

For more detailed instructions, explanations and an example of using this chart see pp. 197 of *Living with Bipolar*.

NB: THIS CHART SHOULD BE PRINTED IN LANDSCAPE FORMAT

This material is provided to support the publication of *Living with Bipolar: A guide to understanding and managing the disorder* (Allen & Unwin, 2008). All material copyright Lesley Berk, Michael Berk, David Castle and Sue Lauder. All material and advice contained therein is not intended to replace the advice of an individual's medical practitioner or counsellor.

Medication enter name & number of tablets taken each day)							(Month & year:	SYMPTOMS 0=none, 1=mild 2=moderate, 3=severe					MOOD: Place cross in box						
								Monthly weight::						Depressed		WNL		Elevated		
							Counselling	Daily Notes:	Hours slept last night	Anxiety	Irritability	Suicidal thy	Psychotic symptoms	Severe -3	Moderate -2	Mild -1	Mood not definitely elevated or depressed No symptoms Circle date if menstruating	Mild+1	Moderate +2	Severe+3
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