Helpful Tips

Learn about your mood disorder medications and treatments.

Make doctor appointments stress-free by putting together a list of questions to ask the doctor and bring the tracker as a reference. Chart progress and problems. Keep records of symptoms, treatment and setbacks in the "Notes" section.

Encourage positive self talk.

Example: "My life is valuable and worthwhile, even if it doesn't feel that way right now."

Prepare for crisis. If depressive or manic symptoms become severe, make a safety plan. This could include calling a friend, family member, a doctor, crisis line or hospital.

Call the doctor about mood changes.

A simple change in treatment could prevent an episode from occurring. It's best to call the doctor immediately when symptoms of depression or mania begin to appear.

Stay positive about mood disorder treatment. Medications, lifestyle changes and psychotherapy do work. It is common for individuals to try multiple medications and therapy approaches before finding the right fit. People with mood disorders can and do live stable, productive lives.

This tracker helps you monitor your mood on a daily basis. It provides a daily and monthly summary for you and your doctor as you review your treatment options.

re:MIND

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To make a donation, please visit our website. www.remindsupport.org

Emergency Numbers in Houston

Harris Center Crisis Line 713.970.7600

Mobile Crisis Outreach Team 713.970.7520

HPD Mental Health Unit 713.970.4664





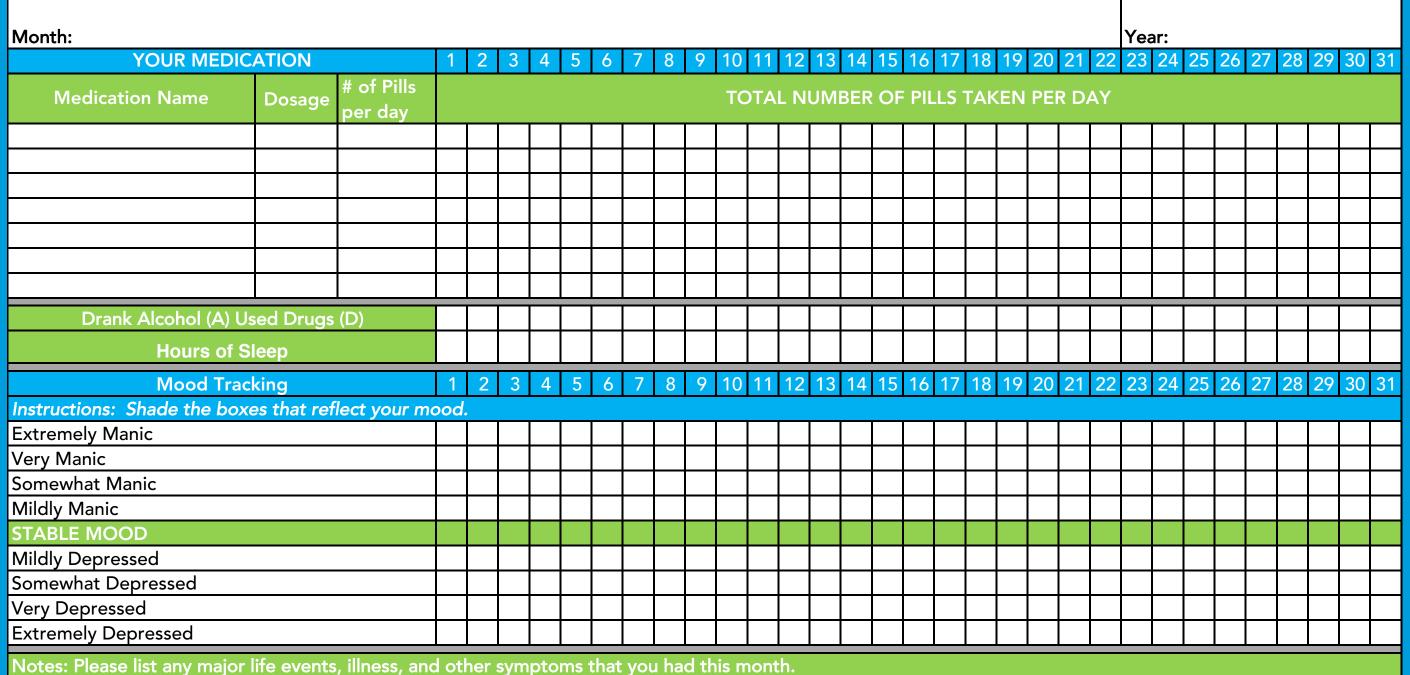
"This group has given me immense hopefulness and help in my life."

-Participant

Mood Tracker







Mood Tracker

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

Medications

List the medications your doctor has prescribed in the spaces provided. Include the daily dosage and number of pills that should be taken each day. At the end of the day, indicate the exact number of tablets or capsules of each medication that you took that day in the spaces provided.

Alcohol or Drug Use

Put a check mark in the appropriate space if you consumed alcohol or drugs.

Hours of Sleep

Estimate the amount of sleep you had the previous night, record total hours.

Rate Your Mood

Indicate how your mood affected your ability to function in your day to day activities by shading the appropriate space. Reference the scale below:

Severely Manic: Cannot function in day to day tasks, unable to focus, sleep.

Moderate Manic: Feedback that behavior is strange/ bizarre, reduced need to sleep, starting multiple projects.

Mildly Manic: Energetic, functioning may be enhanced or slightly disorganized.

Stable Mood: Able to function.

Mildly Depressed: Low mood; still able to function.

Moderate Depressed: Marked difficulty in routines.

Severely Depressed: Cannot function because of depression anxiety/irritability. Some feedback that behavior is difficult, odd or agitated.