

DAILY MOOD CALENDAR Side Two FAMILY MEDICAL PSYCHIATRY roggepsychiatry.com

DIRECTIONS: After marking for the day on Side One, use the space below to mention briefly anything that might have affected you on that date. Bad or good news, medical problems, pain, and menstrual cycles all can change the way we feel. It will benefit you to be honest with yourself and accurate about drug or alcohol use. Noise or discomfort can reduce sleep. Note any medication changes.

--	--

This calendar is a tool for tracking mood disorders – depressive and bipolar – and response to treatment. Charting daily is more reliable than memory. The form is designed to take about two minutes at the end of the day. In every category chart the highest intensity that occurred that day, even if brief.

Mood disorders are serious illnesses often requiring specialized help. You should let your doctor know if:

1. At any time you have severe symptoms in even one category;
2. You have frequent moderate symptoms in two or more categories;
3. Your mood and energy change suddenly or extremely;
4. Your ability to function is poor;
5. You consider suicide, even briefly.

If any one of these is true, ask your doctor to consider referral to a psychiatric specialist who can diagnose and prescribe medications – a psychiatrist or psychiatric nurse practitioner. If you already are seeing one, be sure your specialist is aware of your symptoms.