MOOD/DEPRESSION & ANXIETY CHART

Chart for Monitoring of Mood and Energy

- 1) Keep this form in a convenient place--taped to your bathroom mirror or inside your medicine cabinet.
- 2) Rate your mood & energy as a BAR GRAPH. Thus, you can rate the RANGE which your mood has been that day. (While your mood was low your energy may have been elevated).
- 3) Note any events which may have affected your mood.
- 4) Note any sleep distubances, caffeine, alcohol, or other substances in the lower part of the chart. Please make sure you note any changes in medications or dosage. 5) M = heavy menstrual flow; m = light flow.