

# My Mental Health

# MOOD DIARY

TOOLKIT



## So what exactly is a Mood Diary?

Understanding the pattern of your mood symptoms can be very helpful in managing and taking care of your Mental Health. During a visit with your doctor, trying to remember your symptoms over the past few weeks or months can be difficult. By recording your mood daily, you will have much more reliable information to help you and your healthcare practitioner decide on the next treatment steps.

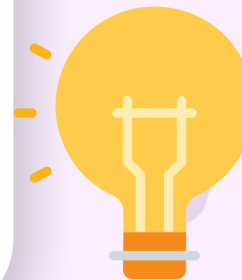
Recording this information on your chart generates a simple graph on which you can see patterns that otherwise might be difficult to identify. After a few months, the mood chart can be a useful tool for looking to the future.

## A MOOD DIARY IS A SIMPLE WAY TO MONITOR:

- YOUR MENTAL HEALTH,
- YOUR MOODS,
- MEDICATION LEVELS,
- STRESSFUL EVENTS,
- TRIGGERS,
- IMPORTANT CONTACT DETAILS

## WHEN TO USE THIS DIARY?

Try to complete the chart daily. We suggest filling it out before you go to sleep so you can think about your day as a whole. The more information you include in your diary, the more useful it will be for you and your Healthcare Practitioner.



## My Safety Support

If things get too much, these people can be contacted and I know they will be there for me

Name:	Name:
Relationship:	Relationship:
Contact Number:	Contact Number:
Name:	Name:
Relationship:	Relationship:
Contact Number:	Contact Number:

## Identifying my Triggers:

If I know my triggers I can put together a plan to manage them. These are some of the triggers around me, at work, at home, or in my immediate environment that may cause me intense emotions or feelings.

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.



ASKING  
— for —  
HELP  
IS OK

## My Healthcare Practitioners

Not okay and need to reach out? List the details of your Healthcare team here for easy access

My Doctor

Name:
Address:
Contact Number:

My Therapist

Name:
Address:
Contact Number:

My Psychiatrist

Name:
Address:
Contact Number:

# How?

## TO USE THIS DIARY

The diary is designed to be simple to use. Each month is divided into two sections. The first section contains the chart for monitoring your mood, and the second provides additional space for you to record any events that affected your health or mood.

### DAILY NOTES

On the notes page mark any significant events that happened each day that may have contributed to your mood state.

### WEIGHT

Please record your weight on the 28th day of each month.

### INDICATE YOUR MENSTRUAL PERIOD (FOR FEMALES)

Circle the dates to indicate the days of your menstrual period.

### HOURS OF SLEEP

Estimate the number of hours of sleep you had the previous night.

## Mood Rating

Fill in your name, and the month and year at the top of the page. Each page charts one month at a time. Begin on the appropriate day of the month and continue charting until the end of that month.

For each day mark the appropriate boxes that describe both the highest and lowest moods you experienced. **The Mood Scale is divided into three sections: elevated, normal and depressed mood.** The sections for elevated and depressed moods are designed to rate how severely these moods impacted your ability to function.

## Anxiety / Irritability Rating



On a scale of 0 - 3, rate your level of anxiety and irritability for the day (where 0 = none, 1 = mild, 2 = moderate, and 3 = severe).



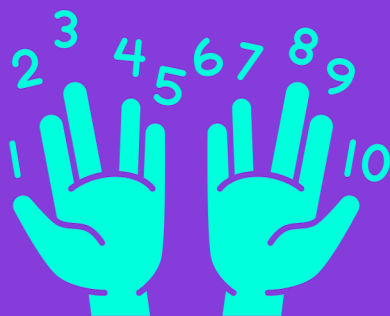
## Medication

At the beginning of each month, please record the name and dosage of your prescribed medication with the help of your doctor. At the end of each day write in the number of tablets that you have taken that day. Leave the box blank if the medication was not taken.









# Medication Tracker

Month:

Year:

Date:	1	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Medication Name & Mg:																														
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## Remember...

If you feel down, have thoughts of Suicide or are at risk, please call someone from your contact list and tell them you need help.

Or contact a counsellor at **SADAG**

0800 567 567 (24/7)

SMS 31393 (24/7)

WhatsApp 087 163 2030 (8am - 5pm)

[www.sadag.org](http://www.sadag.org)

