

Daily Mood Chart

MONITORING YOUR PROGRESS

Below are some ideas for making the most of your visit to see your GP or Psychologist and ways that you can monitor your own progress.

The Daily Mood Chart

1. Use the daily chart, to give a global assessment of your mood on a day-to-day basis (Rate from 1 to 10, where 1 is the worst and 10 is the best)
2. This is best done at the same time each day. You can plot both a morning and evening mood level, if there is significant variation during the day.
3. Also record sleep, activities, significant events (both positive and negative).
4. You can also use this to monitor alcohol, other substances (either chart or mark amount in numbers), pain levels, episodes of anxiety and new activities started.
5. You should also enter any changes in medication (prescribed or otherwise).

Keep a journal

1. This can be for your own thoughts or as a logbook of things you wish to remember.
2. You can write for about 10 minutes a day, whatever comes into your head. You can write about what you are going through, what you need to plan or do, anything that is meaningful to you.

Review treatment and lifestyle goals on a regular basis

This can be done in your journal or using the Goal Setting sheet.

Keep a list of questions you have

1. It can be hard to recall questions when you're there in the consultation, so keep a list of your questions and take it with you. It is often useful to take someone else with you, especially if you are very worried or are having trouble concentrating or with your memory.
2. If you have other information (books, papers, internet searches), it is useful to take this to show what information you have been reading.

Keep a list of all medications you are taking

1. It is important to record past medications (what you have taken? when? for how long? good and bad effects, why stopped?)
2. Take the list of the medications with you when you see your GP.

The Black Dog Institute