

# DAILY MOOD CHART FOR DEPRESSION



**BEST**

**Daily mood scale:**  
You may also plot pain, anxiety

**Other Comments including medications, activities.**

	1	2	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	
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Sleep																																

Please rate your overall mood at the end of each day (either after dinner or bedtime). You can also rate pain, anxiety, anything else which is appropriate for you. Your sleep is entered in total hours for the day. You may also note current or new behaviours, medications taken, whatever is important for you.



## Monitoring Your Progress

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

### The Daily Mood Chart

1. Using the daily chart, to give a global assessment on a day-to-day basis of mood, sleep, activities, significant events, both positive and negative.
2. This is best done at the same time each day (bed time is usually best). You can plot both a morning and evening mood level, if required.
3. 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.
4. 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. For those keeping a journal: 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 and 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 surgery, so keep a list 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 with concentration or 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

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