

Monitoring Your Progress

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

This provides a way that any changes to your symptoms can be tracked, helping you and your doctors make decisions about treatment. You can choose to rate your mood once or twice a day (lunch time and in the evening) using the scale 0 [worst]-10 [best]. The chart can also be used to record:

1. Total hours of sleep
2. Anxiety or panic symptoms.
3. Use of alcohol or other substances (either chart or mark amount in numbers).
4. Pain levels
5. New activities started or events that have impacted on your mood.

You should also enter any changes in medication (prescribed or otherwise) and take the chart along with you to each appointment.



Review Treatment and Lifestyle Goals on a Regular Basis

Keep a Journal

- This can be for your own thoughts or as a logbook of things you wish to remember.
- 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.

Keep a List of Questions You Have

- It is often useful to take someone else with you, especially if you are very worried or are having trouble with concentration.
- 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. Past medications are also important. You can record, what you have taken, when, for how long, good and bad effects, why stopped.