

THE EVERGREEN CLINIC MOOD CALENDAR

Side One

NAME	YEAR	MONTH																														
		FOR EVERY DATE BELOW RATE YOURSELF IN EACH CATEGORY AND CHECK MEDICATIONS TAKEN:																														
DEPRESSED MOOD AND ENERGY		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
lifeless, full of dread, hopeless, joyless	severe																															
weary, empty, pessimistic, apathetic	moderate																															
tired, vaguely sad, disinterested	mild																															
no symptoms	none																															
ELEVATED MOOD AND ENERGY		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
confused, uncontrollably agitated	severe																															
wound up, impatient, driven, restless	moderate																															
energetic, emotional, talkative - beyond usual	mild																															
no symptoms	none																															
ANXIETY		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
panicky, fearful, unable to think	severe																															
tense, unable to relax, jumpy	moderate																															
more worried than usual about problems	mild																															
no symptoms	none																															
IRRITABILITY		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
losing temper, yelling, ready to fight	severe																															
sarcastic, reactive, argumentative	moderate																															
unusually annoyed by small things	mild																															
no symptoms	none																															
DIFFICULTY SLEEPING PREVIOUS 24 HOURS		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
0 to 3 hours	sleepless																															
3 to 6 hours	poor																															
6 to 9 hours	normal																															
10 or more hours	oversleep																															
LOSS OF FUNCTION		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
barely able to do anything, even self-care	disabled																															
significant impairment all areas	poor																															
getting by with effort, impaired some areas	fair																															
doing well - work, school, home, social	normal																															
LIST NAMES OF MEDICATIONS BELOW:		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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Side Two

DIRECTIONS: This calendar is a tool for tracking mood disorders – depressive and bipolar – and response to treatment. Charting daily is much more reliable than trying to recall later and should take no more than two minutes at the end of the day. On Side One make an entry in each category, even if there are no symptoms. Use the space below to mention briefly anything that might have affected you. Bad or good news, medical problems, pain, and hormones all can change the way we feel. It will benefit you to be honest with yourself and accurate about drug or alcohol use. Noise or discomfort can reduce sleep. Note any medication changes.

Mood disorders are serious illnesses often requiring specialized help. You should let your doctor know if:

1. At any time you have severe symptoms in even one category;
2. You have frequent moderate symptoms in two or more categories;
3. Your mood and energy change suddenly or extremely;
4. Your ability to function is poor;
5. You consider suicide, even briefly.

If any one of these is true, ask your doctor to consider referral to a psychiatric specialist who can diagnose illness and prescribe medications.

If you already are seeing one, be sure your specialist is aware of your symptoms.