Mood – Symptom Links

|  |  |  |  |
| --- | --- | --- | --- |
| Situation | During Manic Period | During Depressive Period | OK |
| Mood |  |  | Balanced. |
| Self-perception |  |  |  |
| Social activities |  |  |  |
| Sleep |  |  |  |
| Concentration |  |  |  |
| Creativity |  |  |  |
| Seasonal |  |  |  |
| Vacations |  |  |  |
| Weather |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |



Source: Dr. Noah Lazar

DISCUSSION WITH THERAPIST

What are the events and situations that trigger a shift in mood?

How do I know when I’m first getting depressed?

How do I know when I’m first getting manic?