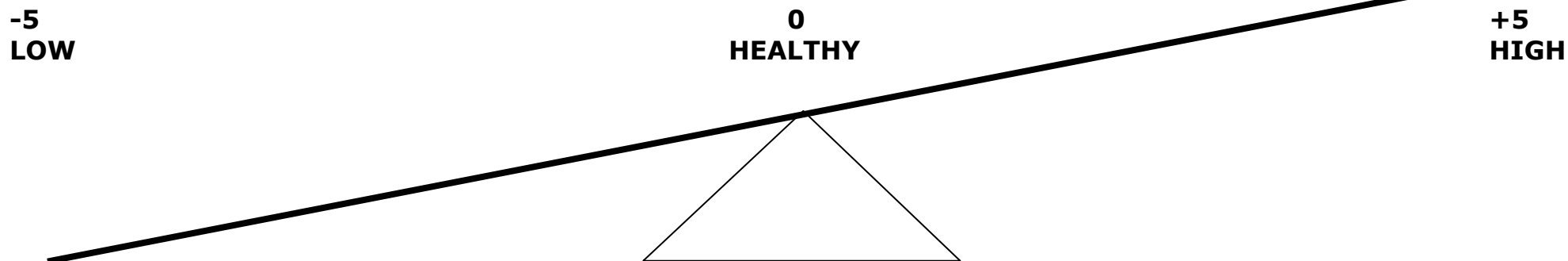


Bipolar – Mood Management

It's helpful to keep an eye on what your mood's doing, how it fluctuates, and what you and others notice about you when your mood starts to go low or high. Living with Bipolar is a balancing act – the aim being to stay within the area around 0 on the scale below, when you're most healthy and balanced.

Write in the boxes below – think about what you start to feel like, the way you start to think, and what you do when you start to become high or low, and when you are very high or low. Ask close friends and family to help you – they will notice things about you which you might not be aware of. After completing this form (page 1), make your action plan (page 2), then monitor your mood each day using sheet 3.



Very low mood	Starting to get low	Well, healthy, balanced	Starting to get high	Very high mood
What I think	What I think	What I think	What I think	What I think
What I feel – physical sensations & emotions	What I feel – physical sensations & emotions	What I feel – physical sensations & emotions	What I feel – physical sensations & emotions	What I feel – physical sensations & emotions
What I do	What I do	What I do	What I do	What I do

Bipolar Action Plan

Write down in each box an action plan for what you need to do at those times in order to make your mood more balanced.

Examples might include:

- ❖ STOPP
- ❖ Challenging unhelpful thoughts
- ❖ Self talk
- ❖ Changing your focus of attention
- ❖ Planning and doing activities that help you feel better, and cutting down on what doesn't help
- ❖ Relaxation
- ❖ Visualisation: Breathe in green (for balance), & breathe out red (if high) or blue/black (if low)
- ❖ Talking to someone
- ❖ Medication: take it as prescribed and talk to your health professional before making changes

Webpage:

- ❖ www.getselfhelp.co.uk/stopp.htm
- ❖ www.getselfhelp.co.uk/cbtstep4.htm & step 5
- ❖ www.getselfhelp.co.uk/affirmations.htm
- ❖ www.getselfhelp.co.uk/cbtstep6.htm & www.getselfhelp.co.uk/mindfulness.htm
- ❖ www.getselfhelp.co.uk/cbtstep3.htm
- ❖ www.getselfhelp.co.uk/relax.htm
- ❖ www.getselfhelp.co.uk/imagery.htm

Very low mood	Starting to get low	Starting to get high	Very high mood
What I need to do to lift my mood	What I need to do to become more balanced	What I need to do to become more balanced	What I need to do to become more balanced
Think:	Think:	Think:	Think:
Do:	Do:	Do:	Do:
Don't do:	Don't do:	Don't do:	Don't do:

Daily Mood Monitor

Complete a line each day, or more often if you (or someone else) notices that you're feeling more stressed or vulnerable, or notice any other changes. When you (or someone else) notices your mood dropping or rising too much, start your action plan

Day & Time	Rate Mood					Thoughts	Feelings – physical sensations & emotions	What I did (or plan to do)
	-5		0		5			
	-5		0		5			
	-5		0		5			
	-5		0		5			
	-5		0		5			
	-5		0		5			
	-5		0		5			
	-5		0		5			
	-5		0		5			
	-5		0		5			