Bipolarity Bipolar Mood Chart

Mood		Mon	Tue	Wed	Thu	Fri	Sat	Sun
High	**Severe** Euphoric or aggressive. Laughing uncontrollably. Unable to sit still. Unable to work. Not functioning. Loss of reality. Sleeping very little or not at all. Require hospitalisation.							
	Moderate/High "High" or moderately manic. Euphoric or very irritable and anxious. Inappropriate behaviour. Goal driven. Hyper arousal. Fast thoughts. Difficulty focusing. Sleeping as little as 4 hrs a night. Erratic.							
	Moderate/Low Elated and in high spirits. "High"" but managing. Feeling like the onset of a high. Sleep hours are decreasing. Increase in activity levels.							
	Mild/Hypomanic Mildly elevated. Cheerful or energized, or some irritability or anxiety. No impairment socially or at work. Able to get a lot done. Increase in socialising or spending. Less need for sleep.							
Normal	**Feeling Pretty Good: "ok"**							
	Feeling Alright: "Just Average"							
	Feeling a bit low: "Just So So"							
Low	**Mild/Dysthymic** Spirits somewhat low and a little unhappy. Some negative thoughts. More self critical. Sleeping more or difficulty falling/staying asleep. Fatigued. Some worthlessness. Loss of interest. Able to work & socialise. Not obvious to others. Decreased libido.							
	Moderate/Low Depressed and feeling low. Still able to work and socialise but with difficulty. Ruminating. Worry. Irritability. Isolating. Distinct lack of energy. Loss of libido. Stop self care/grooming. Weight gain/appetite.							
	Moderate/High Sleeping more than 8 hours a day or not sleeping (waking early am). Slowing down mentally & physically esp. in morning. Loss of concentration. Disinterested in most things. Unable to feel joy or happiness at all. Hard to get out of bed some days. Suicidal or self harm thoughts. Unable to work/socialise.							
	Severe Deeply sad or numb (anhedonia). Lost interest in everything. Severe suicidal thoughts. Wanting to die or making/preparing an attempt. Extreme hopelessness. Unable to get out of bed. Loss of reality.							