

# SELF-MONITORING FOR BIPOLAR DISORDER

Becoming aware of early warning signs that signal the onset of a mood episode can give you a better chance of avoiding severe depression or manic episodes. Detecting the warning signs may help with earlier intervention. You must learn to recognize your own warning signs and symptoms of illness because each person is unique. Early recognition starts with monitoring how you are feeling using the ***Mood and Symptom Monitoring Worksheet***.

It is also important to develop a plan for early intervention by looking at your ***Early Warning Signs*** and ***Plan of Action***. Talk with your friends and family to better understand your early warning signs and to develop a plan. Plan what you will do, what you will say, what you will ask your friends and family to do for you, etc. Plans may include making an urgent appointment with your doctor when you notice early warning signs, asking a friend to keep your credit card, or having a family member visit if you were to stop calling him/her. Additionally, talk with your support system about the best ways to let you know that they are concerned about you so that it doesn't offend you.

## ***Early Warning Signs:***

What am I like when I'm mildly depressed?	
What am I like when I'm moderately depressed?	
What am I like when I'm mildly manic?	
What am I like when I'm moderately manic?	

## ***Plan of Action:***

How could I prevent a severe manic episode?	
How can my friends and family help when I have symptoms of mania?	
How could I prevent a severe depressive episode?	
How can my friends and family help when I have symptoms of depression?	

