

Bipolar Mood Tracker & Guide

Understand patterns | Notice changes | Support stability

SPACE TO BREATHE THERAPY

Tracking is about awareness, not judgement.

Mood is one part of the picture. Sleep, energy, speech, concentration, activity, irritability, impulsivity and everyday functioning may also change.
Look for patterns over time rather than interpreting one day on its own.

Your personal baseline

Your baseline is what is typical for you during a relatively settled period.
It is not an ideal or target; it is a useful comparison point.

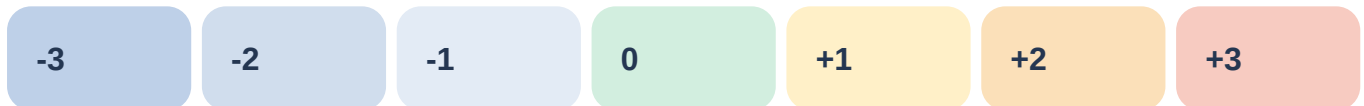
My usual hours of sleep and how rested I feel:

My usual energy, activity and daily routine:

My usual communication, thinking and concentration:

What helps me feel settled and supported:

The -3 to +3 mood scale



-3 = very low; 0 = my settled baseline; +3 = extremely elevated.
A number is a personal description, not a diagnosis of an episode.

Daily Check-in

Date: _____ A gentle check-in, not a test

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My mood today (circle one):

-3 -2 -1 0 +1 +2 +3

Energy (0-10): _____ Irritability (0-10): _____ Activity (0-10): _____

Hours slept: _____ Sleep quality: _____ Need for sleep changed? _____

What feels different from my usual baseline today?

Speech, thoughts, concentration or confidence changes:

Impulsive decisions, spending, behaviour or functioning changes:

Important events, stress, illness, medication concerns or supports:

What could help me today?

You can leave anything blank. If you have a significant change in sleep, behaviour or mood, contact your healthcare team rather than waiting for a score.

Seven-Day Pattern Review

Week beginning: _____

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Record only what you know. Leave gaps blank.

Measure	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mood (-3 to +3)							
Energy (0-10)							
Sleep (hours)							
Irritability (0-10)							
Activity (0-10)							
Functioning (notes)							

Changes or combinations I noticed this week:

What happened around those changes (routine, stress, support, sleep)?

What I would like to raise with my clinician or care team:

One active day, one low day or a single score cannot establish bipolar episodes.
Patterns, duration, context and impact need clinical assessment.

My Early Warning Signs

Your own experiences and trusted observations matter

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If my mood starts rising

Possible changes: less need for sleep, unusual energy or confidence, faster speech, irritability, more projects, spending or risk-taking.

My personal changes that deserve attention:

My early response and who I can contact:

If my mood starts falling

Possible changes: withdrawal, exhaustion, low mood, changes in sleep, difficulty concentrating or managing day-to-day tasks.

My personal changes that deserve attention:

My early response and who I can contact:

Mixed or rapidly changing symptoms, severe agitation and significant sleep changes may need prompt advice from your mental health team.

Stability & Support Plan

A practical plan to review with people you trust

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Routines and adjustments that support my stability:

People who may notice changes, and how I want them to tell me:

If I notice a sustained rise in mood or energy, I will:

If I notice a sustained fall in mood or functioning, I will:

Clinician / crisis team / trusted contacts and agreed actions:

Medication: continue prescribed treatment unless your prescribing clinician advises otherwise. Discuss missed doses, side effects or concerns with them.

If I need urgent support

UK: Call 999 or attend A&E if anyone is in immediate danger.

England: NHS 111 and select the mental health option for urgent advice.

Samaritans: 116 123 for free emotional support.

A note from Maggie

You do not have to interpret every change perfectly or manage it alone.

Your observations can help you ask for support earlier.

This guide is for self-reflection, not diagnosis or a substitute for professional care.