

One way to manage your **Depression** is to track it on a daily basis. This allows you to see setbacks and improvements over time. Use the following chart to rate your mood. Use a 0 to 4 scale. Regularly review your mood rating with your therapist or psychiatrist.

0 not depressed 1 mildly depressed 2 moderately depressed 3 highly depressed 4 extremely depressed

Month: _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	



One way to manage your **Anxiety** is to track it on a daily basis. This allows you to see setbacks and improvements over time. Use the following chart to rate your mood. Use a 0 to 4 scale. Regularly review your mood rating with your therapist or psychiatrist.

0 no anxiety 1 mild anxiety 2 moderate anxiety 3 high anxiety 4 extreme anxiety

Month: _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Name: _____