



Mosswood Connections

Home

Self-Assessment: (check the box if the answer is yes)

Put the date in the top box:									
Medication changes?									
Took medication on time									
Irritability									
Obsessive thoughts									
Negative thinking									
Mood Swings									
Anxiety									

Self-Care:

Put the date in the top box:									
Exercised									
Brushing									
Spent time with friends									
Scheduled breaks									
Support Group/therapy									
Kept regular sleep schedule									
Did something fun									

If I look back on my week, my mood was generally

If I look back on my week I struggled with

If I look back on my week it was helpful

to _____

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Medication changes: When you have medication changes it is important to pay careful attention to how you are responding. Because there is often a period of time where your body is adjusting to the changes, this is a time to be gentle with yourself.

Took medication on time: Most medications work best when taken at the same time every day. With mood altering medications the timing of when you take them can make a big difference. One young man was experiencing the negative side effect of having vivid nightmares. By changing the timing of when he took the medication he was able to greatly reduce that undesirable side effect.

Symptoms: The symptoms below are important to track and pay attention to. If you find that you are experiencing them more acutely and/or more regularly that is an indication to get professional intervention and/or pay more attention to your self-care checklist.

Irritability
Obsessive thoughts
Negative thinking
Mood Swings

Self-care:

There is a known correlation between exercise and managing anxiety.

Brushing may seem like a strange thing to add on the list, but I feel that it can be quite helpful. People who have sensory processing disorder have under active or over active systems. The brushing helps to calm the system. This seems to apply to anxiety/depression as well. It is also quick and easy to do, so try it for a month and see how you feel. You can find more information here: <http://mosswoodconnections.com/sensory-integration-strategies-and-tips/>

It is easy to isolate when feeling anxious or depressed, spending time with friends is important. I understand that this is often exactly what you don't feel like doing. If you can push yourself to do it, you will feel the benefits. The same is true of the support groups.

Scheduling breaks and doing something fun helps to provide balance.

Another item that could be added to the self-care list is a healthy diet.