

Early Warning Signs Daily Checklist

Beginning Date: _____

Early Warning Signs	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Depression:							
Alienating myself or withdrawing							
Crying easily/Being overly sensitive or fragile							
Despondent							
Eating too much or too little							
Extreme boredom							
Extreme or prolonged negativity							
Extreme weight gain or loss							
Finding little or no pleasure in activities							
Forgetfulness – slow memory							
Little motivation; lethargy							
Missing appointments/Not sticking to plans							
Poor personal hygiene							
Running out of medication							
Sleeping too much							
Suicidal thoughts or talk							
Mania:							
Anxiety or nervousness							
Anger or outbursts of temper							
Being tired but unable to rest							
Compulsive eating							
Eating very little							
Friends notice a change							
Hyperactivity							
Impatience							
Inability to relax or calm down							
Insomnia/sleeping very little							
Irresponsible risk taking/Impulsive							
Noises seem louder than usual							
Obsessions (thoughts & actions)							
Overly energetic or speedy							
Over-working							
Poor judgment							
Racing thoughts							
Self-medicating/Increased drug or alcohol use							
Sexually overactive (thoughts)							
Spending too much money							
Talking very fast							
Unexplained, increased sociability							

Scales	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Mood							
Mixed Mood?							
Hours of Sleep							
Anxiety?	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3
Irritability?	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3
Medication?							
Menstruating?							
Migraine/Headache?							
Panic Attack?							
Stressors							

Mood Key:

- SE – Severely Elevated
- ME – Moderately Elevated
- MiE – Mildly Elevated
- B – Baseline

- MiD– Mildly Depressed
- MD – Moderately Depressed
- SD – Severely Depressed

Anxiety/Irritability Key:

- 0 – None
- 1 – Mild
- 2 – Moderate
- 3 - Severe

Early Warning Signs Action Plan

Taking action may not be easy. Nothing about the program is easy. It takes a lifelong dedication, persistence, and vigilance. But the payoff is well worth the effort. Strategies are divided into five categories: activities, support, attitude, management, and spirituality:

Activities	Works	Use More	Try
Cleaning			
Cooking and baking			
Crafts: crochet, knitting			
Daily list			
Dancing			
Do make-up			
Drawing, painting			
Exercise			
Gardening			
Hot baths or shower			
Journal writing			
Listening to music			
Long drives			
Long Walks			
Making love			
Movie or TV			
Outside activities: museum, park or beach			
Play an instrument			
Play with cats			
Reading: use the folder!			
Relaxation: meditation			
Research interests			
Self care: mani/pedi, massage			
Shopping			
Short day trips			
Sports: kayaking			
Tarot session			
Volunteering			
Writing: poetry, letters			
Yoga/Stretching			

Pick an activity to do. Evaluate how you felt before, and then re-evaluate how you feel afterward. If you still feel lousy after completing an activity, choose another. Do this until you feel better.

Support	Works	Use More	Try
Arranging to not be alone			
Get emotional support from a trusted person			
Peer counseling			
Spending time with good friends			
Spending time with pets			
Support group			
Talk with a therapist or counselor – see list			
Talking to a crisis line or hotline – see list			
Talking with an understanding person - see list			

List of Supporters:

Supporter Name	Phone Number	Alternative Phone	Receptive in Past?

Attitude	Works	Use More	Try
Being good to myself			
Changing negative thought patterns to positive ones			
Diverting my attention			
Endorsing and affirming my efforts			
Focusing on living one day at a time			
Knowledge/Understanding what is happening			
Laughter			
Recalling good times			
Refusing to feel guilty			
Remembering that depression/mania ends			
Staying active			
Staying neutral			
Waiting it out			

Management	Works	Use More	Try
Avoid overextending myself			
Avoid stimulating places & activities (mania)			
Avoid symptom producing foods caffeine & sugar			
Daily list work			
Eating a healthy diet			
Forcing myself to get up in the morning			
Forcing myself to go to work			
Full spectrum light			
Maintaining balance			
Medication			
Reduce environmental stress			
Rest/sleep			
Spending time outside			
Staying in touch with my body and mind			
Surrendering credit cards, etc. to trusted person			
Take time off responsibilities – see below			

Take time off of responsibilities (at least 3 days) – create plan for all responsibilities to be taken care of first, or designate someone to do this for me – just don't leave things hanging (it's too stressful and defeats the whole purpose of taking a break!).

Spirituality	Works	Use More	Try
Keep a soulful environment – see below			
Keeping up with a 12-step program			
Meditation			
Practicing Wicca			
Prayer or ritual			

Soulful environment: surround myself with colors that I enjoy, plants, art, open windows, and sunlight.