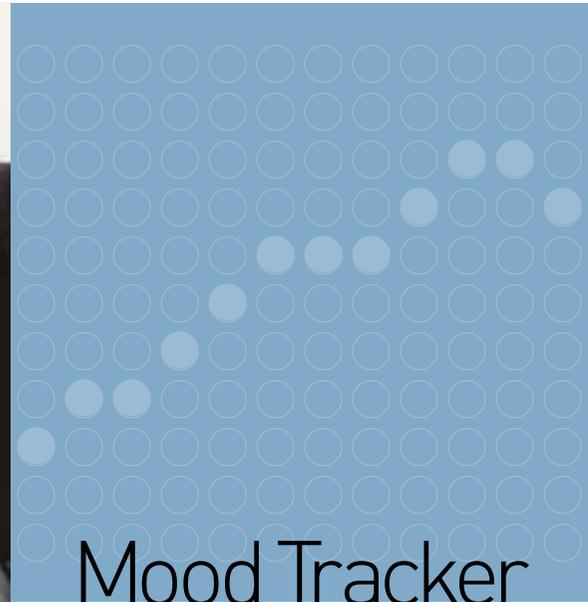


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Mood Tracker

Personal Diary

What is bipolar disorder?

Bipolar disorder is a medical condition characterized by dramatic mood swings. These mood swings can be severe enough to impair one's ability to function normally whether at work or at school. These mood swings can also interfere with personal relationships with family and friends.¹

Over the course of their illness a person may experience periods of elevated mood, depressed mood and periods when their mood is normal. When a person experiences these different periods, and the intensity at which they experience them, is unique to each individual.¹

What are the symptoms of bipolar disorder?^{1,2}

Elevated mood or mania²

- Excessively high or elated mood
- Unreasonable optimism
- Irritable mood
- Reduced need for sleep
- Hyperactivity
- Racing thoughts
- Extremely short attention span
- Poor judgment
- Rapid shifts to rage or sadness

Hypomania (a milder form of mania)¹

- Elevated mood
- Sense of "feeling better than usual"
- Less severe than mania resulting in less impairment

Depression²

- Sadness
- Hopelessness
- Loss of interest or pleasure
- Irritable
- Change in appetite
- Decreased energy or fatigue
- Feelings of worthlessness
- Guilt
- Difficulty sleeping
- Poor concentration or difficulty making decisions

"Effective early treatment of mood disorders can improve outcomes..."

– Health Canada²

How do you use this diary?

This diary will help you track your symptoms over time, which will provide both you and your physician with a better glimpse of how your treatment is progressing. You may want to share this information with your physician to help them ensure you are receiving treatment that best meets your needs.

Your doctor can use this information to help direct the course of your treatment. This information can be used to help with a number of important decisions. For example this information is valuable in helping to determine whether or not your medication has had an effect on your mood.

The following pages consist of a calendar of the next twelve months as well as note pages. You will use the calendar to record your mood level on a daily basis. Please complete each section of the calendar page in its entirety.

The notes pages are for your use. Use these to record any life event that may have had an impact on your mood that day. For example, on July 5th you may have had to put down your long-time family pet. You may want to record this on the notes page for July as follows:

July 5th – Max, the family dog of fifteen years had to be put to sleep. I am very sad to lose him. He was a great dog and an important part of our family.

