Mood and Your Health

Name _____   Date _____

- ☐ Be physically active
- ☐ Eat a healthy diet
- ☐ Spend time with people who support you
- ☐ Find ways to relax
- ☐ Avoid excessive alcohol and illicit drug use
- ☐ Make time for things you enjoy every day

Green Zone: All Clear

If you:
- ✓ Feel positive
- ✓ Have a good appetite
- ✓ Sleep well
- ✓ Take medications as prescribed

What This Could Mean:
- ✓ Your symptoms are under control
- ✓ Continue to take your medications as ordered
- ✓ Keep all physician appointments

Yellow Zone: Caution

If you have any of the following:
- ✓ Decreased interest or joy in doing things
- ✓ Often feel down, blue, sad, or hopeless
- ✓ Difficulty sleeping or want to sleep all the time
- ✓ Increased or decreased appetite
- ✓ Difficulty concentrating
- ✓ Decreased energy/feel fatigued
- ✓ Excessive energy and feelings of invincibility
- ✓ Feel hopeless, helpless, overwhelmed
- ✓ Feel unable to get out of bed, or are unable to sleep
- ✓ Stopped taking medications or are missing doctor or mental health appointments

If taking medication and have:
- ✓ Dry mouth
- ✓ Diarrhea or constipation
- ✓ Headaches
- ✓ Nausea and/or vomiting
- ✓ Restlessness
- ✓ Weight gain

What This Could Mean:
- ✓ You may have increasingly unstable moods
- ✓ You may need treatment/medication(s) or changes in your current treatment/medication(s)
- ✓ You could be having a side effect from your medication and need help before things get worse

Call your primary provider or mental health worker:

Name: _____

Phone: _____

Instructions: _____

If you notice a Yellow Zone Caution, work closely with your healthcare team

Red Zone: Medical Alert! Stop and Think

If you:
- ✓ Have recurring thoughts of death or feel like harming yourself or others
- ✓ Have done something to hurt yourself or someone else

What This Could Mean:
- ✓ **You should be evaluated by a healthcare professional immediately**
- ✓ *Call national suicide prevention line:* **1.800.273.8255 (TALK)**
- ✓ *Have someone take you to a psychiatric crisis center or the nearest emergency department*
- ✓ *Call 9-1-1*

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