



How I Will Know Medicine is Helping Me: Mood Stabilizing Meds

The medicine I have been prescribed:

If this medicine works for me, I may
experience some effects within:

To experience the full effect , it may take:







_____ (hours/days/weeks)

_____ (days/weeks/months)

In order to be helpful, I need to take my mood stabilizing medication:

☐ Every day ☐ Whenever I need it (PRN) ☐ Other: _____

How will you know if this medication is working for you? Place a check in the box next to the medication effects that are most important to you. Or, write how you hope the medicine helps.

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Able to concentrate better |  | <input type="checkbox"/> Getting along better with others |  |
| <input type="checkbox"/> Improved sleep |  | <input type="checkbox"/> Improved appetite |  |
| <input type="checkbox"/> Less irritable or upset |  | <input type="checkbox"/> My words: _____ | |
| <input type="checkbox"/> Feeling more relaxed |  | <input type="checkbox"/> My words: _____ | |

What other things can help? Medication may help you feel better. There are also things you can do to help yourself feel better. Often the pathway into recovery means finding the right balance between our psychiatric medicine (*what we take*) and our Personal Medicine (*the things we do to feel better and how they help*).

Example: My Personal Medicine is taking a warm bath before bed because it helps me sleep better.

My Personal Medicine for mood challenges is:

Keeping track. Keep track of how you are doing over the next two weeks. Indicate if you took your pill medicine, if you used your Personal Medicine, and whether the meds were helpful. Share your calendar with your psychiatric care provider at your next appointment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?
<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?
Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat
<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?	<input type="checkbox"/> Took my pill medicine?
<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?	<input type="checkbox"/> Used my Personal Medicine?
Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat	Meds helpful? Yes - No - Somewhat