

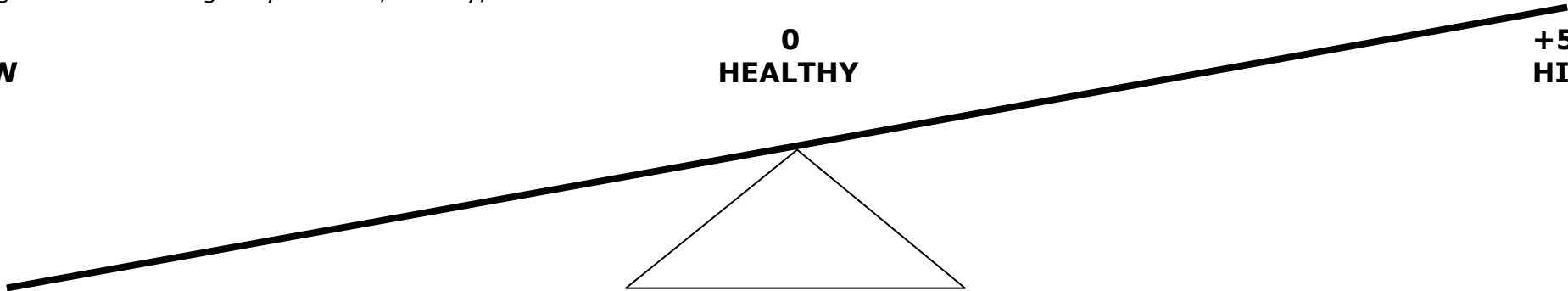
Healthy Balance

It can be helpful to keep an eye on what your mood and energy levels are doing, how they fluctuates, and what you and others notice about you when your mood or energy levels rise or fall. Low mood or energy can indicate depression, and high levels may indicate excitement, anxiety, agitation or anger. Life can be a balancing act – the aim is to stay within the area around 0 or between -2 and +2 on the scale below, when you're most healthy and balanced. Write in the boxes below – think about what you start to feel like, the way you start to think, and what you do when your mood or energy levels fluctuate. Ask close friends and family to help you – they will notice things about you which you might not be aware of. Use your completed form to help maintain balance – when you notice mood or energy levels rising or falling, bring yourself back into balance by doing more of the things in your "well, healthy, balanced" column.

**-5
LOW**

**0
HEALTHY**

**+5
HIGH**



Very low	Starting to get low	Well, healthy, balanced	Starting to get high	Very high
What I think	What I think	What I think	What I think	What I think
What I feel – physical sensations & emotions	What I feel – physical sensations & emotions	What I feel – physical sensations & emotions	What I feel – physical sensations & emotions	What I feel – physical sensations & emotions
What I do	What I do	What I do	What I do	What I do