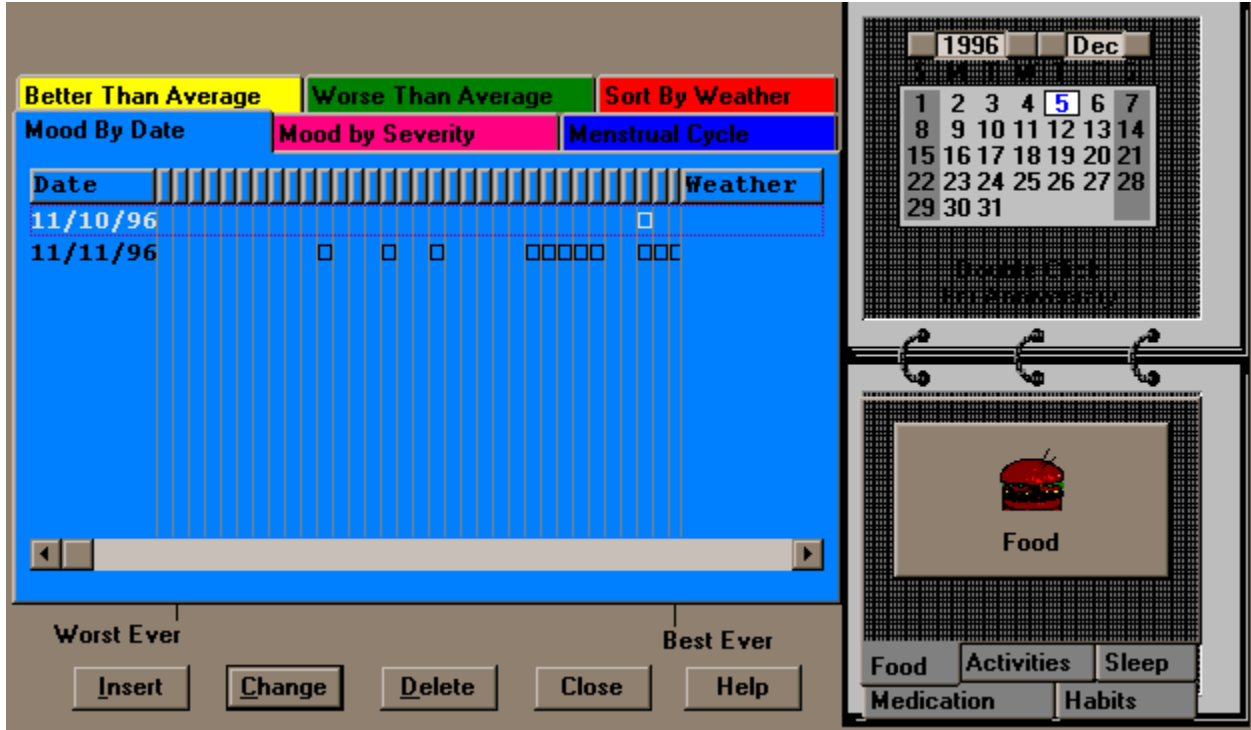


Contents

Introduction

Moods was created to help in the tracking of mood swings and the charting of many of the numerous factors that can affect your mood. This program is designed as an aid for people with Bipolar disorder, SAD, depression and any other disorders that can affect your mood. We believe that this program can be an invaluable tool to help know the factors involved in the changes of your mood. Knowing the surrounding circumstances may help you avoid some problems.

Procedures



- Main Screen

The initial screen will be where most of your choices take place. The screen looks like the picture above. After you have begun charting your moods you will see a representation of your moods charted for you. From this screen you can sort your moods by date, better than average moods, worse than average moods, weather, severity and menstrual cycle. All you need to do to change the way the information is presented to you is put your mouse on one of the tabs and click that tab with your mouse.

From this screen you can add, examine or delete the various changes that occurred in the way you walked through your day.

You are presented with a notebook with a tabbed index. From this index you can select Food, Activities, Sleep, Medication and habits. These areas are where you can add and track the way these areas are affected or affect the way your moods change.

- Charting Your Moods

Pressing the Insert button on this screen allows you to input how you generally feel on any given day. You will be able to choose on a rated grid that goes from feeling very low to feeling very high. The center of this chart is considered an even mood.

- Food

What are the changes in your eating habits. Enter the types of foods and the quantities you have consumed in this area/

- Activities

What are the basic activities of this day, were you very active or barely active. What did you do?

- Sleep

Has your sleeping pattern changed? you can keep track of your sleep here.

- Medication

This is the place where you will keep track of your medication usage. Enter and track changes in medication.

- Habits

Are you drinking more alcohol, smoking more, drinking more coffee? Enter and track your habits here.

- Anniversary

The calendar at the top right of the screen is for inputting special anniversaries. This will help in charting if the same types of things that affect your moods are cycling during the passage of time. There is also a tab within the anniversary section that allows you to enter notes. This may be a handy place to keep a daily journal of events.

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