

## Emotional Wellness Symptoms Tracking Tool

The following emotional wellness symptoms tracking record can be used to collect basic data to help the primary care physician (PCP) or psychiatrist to accurately assess and treat the mental health disorders, trauma/PTSD and compromised psychological wellbeing of the person under their care.

There is a high prevalence of mental health and mood disorders in individuals with ASD/DD. The tool below is provided to help support professionals screen for the possibility of needing treatment for anxiety and depression. This is one of the most common of mental health and mood disorders.

In order to complete the screening tool:

- Track observations over one week.
- Each day give a rating that represents an average of your observations for the day. Use a scale of 1-10 as indicated on the tool.
- At the end of the week take an average of the daily scores and note indicators that seem abnormal.
- Report any observations to the PCP that appear abnormal.
- Several of these weekly observations over a period of time may suggest need for treatment.

MENTAL HEALTH SYMPTOMS TRACKING TOOL							
WEEK OF _____	NAME: _____						
SYMPTOMS	very abnormal = 1			very normal = 10			
	MON	TUE	WED	THU	FRI	SAT	SUN
Sleeping Patterns							
Weight Gain Or Loss							
Concentration							
Energy Level							
Decision Making							
Fatigue							
Tearfulness							
Interest In Daily Activities							
Sense Of Being Overwhelmed							

Patience							
Worry							
Expressions Of Fear							
Interest In Work							
Interest In Socializing							
Expressions Of Shame							
Anger							
Aggression							
Judgmental Behaviour							
Expressions Of Guilt							
Sadness							
Satisfaction With Life							
<b>REQUIRED ACTIONS:                      poor compliance = 1      complete compliance = 10</b>							
Taking Prescribed Meds							
Exercise Regime							
Recommended Diet							
Working With “Filters”							
Acts Of Service Or Kindness							
Energy Balancing							
<b>COMMENTS:</b>							