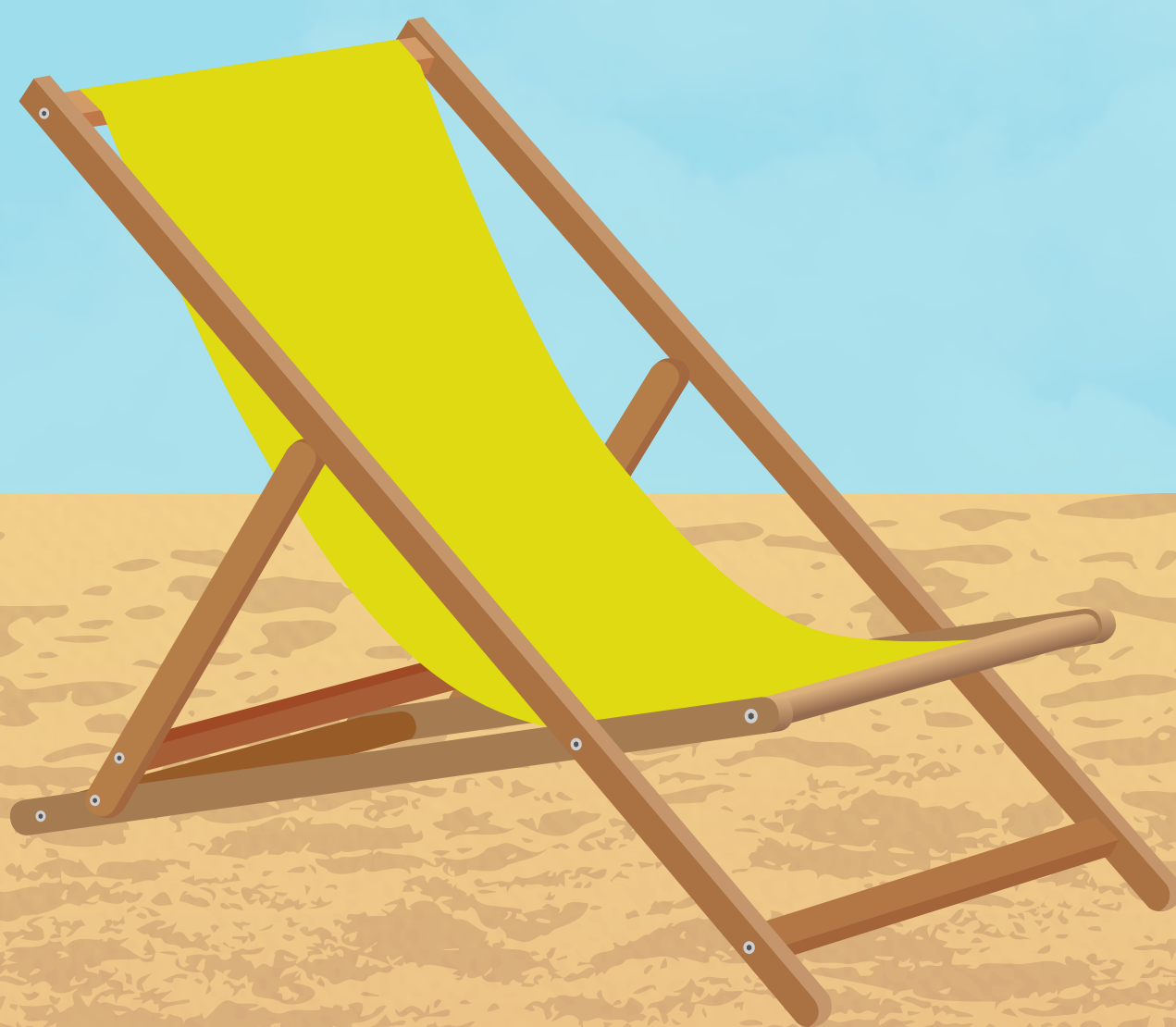


Lincoln Bishop
University



Student Advice
& Wellbeing

Symptom Tracker



How to use your symptom tracker

A symptom tracker can be a really good way of monitoring changes in your symptoms as well as being a reminder of how well you are doing! If symptoms seem to be increasing as well - don't worry! This is a chance to implement coping strategies - if they don't work, try again or find a different one that works for you!

We all experience different mental health symptoms, especially if we have been diagnosed with different conditions! Therefore, on the next page there are symptoms you can put in yourself on the tracker to monitor exactly what you want to! You are welcome to add any additional ones to your tracker!

Symptoms:

- Tension
- Feeling watched/judged
- Racing Thoughts
- Light-headedness
- Fast Heartrate/Palpitations
- Mental Blanks
- Suicidal Thoughts/Feelings/Gestures
- Food refusal/avoidance
- Sadness/Low Mood
- Irritability
- Aggression/Violence
- Mood Swings
- Sleep Disturbance
- Hallucinations
- Paranoia
- Impulsivity
- Anxiety
- Relationship Problems
- Fatigue
- Lack of Concentration
- Isolation from Others
- Indecisive
- Unmotivated
- Hopelessness
- Overeating
- Mental Rituals
- Worrying about cleanliness
- Difficulty discarding items
- Unwanted sexual thoughts

Colour in each box with these colours depending on their severity (leave blank if not experienced):

Mild

Moderate

Severe

Extreme

Write the symptoms above the tracker in the boxes:

[illegible]

