EXERCISE 2.4 STRESS CHART

In the first column, note the approximate date of problems you have had with depressive or hypomanic symptoms. In the second column, describe the mood problems you experienced. In the third column, list the stressful events that happened at or near the time. In the last column, try to remember what impact your mood and the stressful events had on other areas of your life. You will use this information in chapter 8, when we discuss managing stress.

Date	**Mood Problems**	**Stressful Events**	**Outcome of Mood and Stress**
5/14/03	*irritable, angry depressed*	*laid off at work fender bender*	*maxed out credit card, big fight with spouse*

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