**MOOD CHART**

Mood Chart is an app developed for the purpose of Bipolar Disorder. It serves as a Bipolar Disorder Life Coach to help people living with Bipolar disorder to live a much comfortable and functional life.

**AIM OF MOOD CHART**

Mood Chart is aimed at helping people with bipolar disorder to manage mood shifts by providing healthy living tips, emergency action plans, interactive platforms, keeping records of progress and substantial as well as updated information on Bipolar Disorder.

**FUNCTION OF MOOD CHART**

Monitor Mood and Symptoms

* Identify triggers and early warning signs of oncoming episodes i.e depressive or manic episodes
* Develop a wellness toolbox: coping skills you can do to maintain a stable mood or to get better when you’re feeling “off”
* Create an emergency action plan; a list of emergency contacts, a list of all medications, symptoms, treatment preferences

Reach out for face-to-face connection

* Interactive platform for users via chat or video calls. This is aimed at minimizing isolation
* Create Bipolar Disorder support groups
* Help build new relationships

Develop an active life routine

* Building Structure into the life of Bipolar patients
* Exercise routines
* Strict Sleep patterns

Minimize Stress to the lowest point

* Relaxation techniques
* Leisure times
* Appeal to your senses

**REFERENCES**

1. Healthy Guide. <https://www.helpguide.org/articles/bipolar-disorder/living-with-bipolar-disorder.htm>

**ALGORITHM FOR MOOD CHART APP**