A PAUSE, A PRACTICE, A NEXT STEP

Cyclothymic Disorder (Cyclothymia)

When mood and energy keep shifting.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What pattern do you notice?

Mark days when your mood, sleep, or energy felt different from usual.

01 / Notice and reflect

What pattern do you notice?

02 / Notice and reflect

What has been harder to manage?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Talk with a clinician when repeated mood shifts affect daily life. Ask for help sooner if changes in sleep or behavior are getting stronger.

Read more: Mayo Clinic · Cyclothymia

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.