

Assess Your Mood

Ask yourself the following question:

Over the past week, how often have you been bothered by: Feeling sad, down, or uninterested in life?

0	1	2	3	4	5	6	7	8	9
not at all			a little		moderately				severely

If you scored 4 or more, you should talk to your health care provider or a mental health professional about how you feel.