If your doctor asks you how you are doing today — how would you rate yourself?

Have you been feeling sad or angry lately?

Have you lost interest in or stopped enjoying the things that usually give you pleasure?

Do you have days when you are feeling so good, you don’t really need much sleep?

On your good days, do you have so much energy that people tell you to calm down?

If “1” is the worst you ever felt, and “10” is the best you ever felt...

How is your MOOD today?

How are you FUNCTIONING lately?