

Depression Self-Care Action Plan

Patient: _____ DOB: _____

Practice: _____ Phone No: _____

Depression is TREATABLE and RECOVERY is the RULE and not the EXCEPTION!

1. **Stay Physically Active.** Make sure you make time to address your basic physical needs. Try taking a walk for a certain amount of time each day.
2. **Make Time for Pleasurable Activities.** Even though you may not feel as motivated, or get the same amount of pleasure as you used to, commit to scheduling some FUN activity each day – like doing a hobby, listening to your favorite music, or watching a video.

GOAL: Every day during the next week, I will spend at least _____ minutes doing _____

3. **Spend Time with People who can Support you.** It's easy to avoid contact with people when you are depressed, but you need the support of friends and loved ones. Explain to them how you feel, if you can. If you can't talk about it, THAT'S OK – just ask them to be with you, maybe accompanying you on one of your activities.

GOAL: During the next week, I will make contact for at least _____ minutes with

4. **Practice Relaxing.** For many people, the changes that come with depression – no longer keeping up with our usual activities and responsibilities, feeling increasingly sad and hopeless – lead to anxiety. Since physical relaxation can lead to mental relaxation, practicing relaxing is another way to help yourself. Try deep breathing, taking a warm bath, or just finding a quiet, comfortable, peaceful place and repeat comforting things to yourself like "IT'S OK."

GOAL: Every day during the next week, I will practice physical relaxation at least _____ times, for at least _____ minutes each time.

Simple Goals and Small Steps.

It is easy to feel overwhelmed when you're depressed. Some problems and decisions can be delayed, but others cannot. It can be hard to deal with them when you're feeling sad, have little energy, and aren't thinking clearly. Try breaking things down into **SMALL STEPS**.

Give yourself credit for each step that you accomplish.

THE PROBLEM IS: _____

MY GOAL IS: _____

STEP 1: _____

STEP 2: _____

STEP 3: _____

How likely are you to follow through with these activities prior to your next visit?

Not likely 1 2 3 4 5 6 Very Likely