

Take control

Your action plan to help manage depression

Tips for help:

- Talk to friends or loved ones. Ask for their support and ideas.
- Begin slowly. Start with an action plan you feel you can complete. Any check mark on your plan is a success and a change for the better. Don't feel discouraged if you don't meet all your goals. Reevaluate and slow down, if you feel you need to.
- Share the plan with your doctor or mental health specialist and ask for advice. If you start feeling worse or are concerned about your progress, schedule an appointment with your doctor to discuss your concerns.
- Post your action plan where you will see it every day (for example, on the refrigerator or bathroom mirror).
- Changes can be easier if you make them routine. Try and schedule activities for the same time every day.
- Taking time for yourself is good for you and your family. You will be a much more positive and active person and a role model for good health habits.
- Save your action plans to track your progress. Celebrate your successes!

Problem solving

Often seemingly large problems can be resolved if you break them down into smaller steps. Some decisions may need to be delayed if you feel unable or too distressed to make them. That's OK.

Write down your problem, your goal and steps you can take to solve the problem. Then take each step as you feel ready.

Problem: _____

Goal: _____

Steps:

1. _____

2. _____

3. _____

Activity

Staying active and social can help heal your depression. Start by setting reasonable goals for:

- Exercise
- Time for yourself
- Social time with friends and family

Action plan instructions

Use the chart on the back of this flyer to track your progress. Write down different types of activity you plan to do and how many days and minutes you plan to do them.

Check off each day where you reached your goal. You can even write the time spent on each activity in the space for each day. Then, at the end of the week, write down whether you feel better or worse and any details you want to include.

Start slowly, with small goals that feel easy to reach. Then increase your goals as you begin to feel better and become more active.

Make copies of the chart before you write on it. Then save each completed chart to share with your doctor at your next visit.

Activity	Goal		Mon	Tues	Wed	Thu	Fri	Sat	Sun	How I feel at the end of the week
	Days	Minutes								
Exercise										
1.										
2.										
3.										
Time for you										
1.										
2.										
3.										
Friends & family										
1.										
2.										
3.										

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