

Depression Self-Care Action Plan

Patient: _____

Clarke Family Medicine

Phone # (716)-297-1027

Choose one area and add other areas as you begin to feel better.

1. Stay active.

Make time every day to do some physical activity such as walking for 10-20 minutes or dancing to a favorite song.

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

_____.

2. Do something that you think is fun each day.

Even though you may need to work a little more at having fun, try doing something that has always been fun such as a hobby or listening to music or watching a favorite video or TV show.

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

_____.

3. Spend time with people who help or support you.

When you are feeling down, it is easy to avoid people, but you should not be alone all the time. Choose people who you can talk to or who can do your activities with you. Talk to them about how you feel. If you can't talk about it, that's okay.

During the week I will make contact for at least _____ minutes with _____ (name), doing or talking about _____ (topic/activity).

4. Relaxing

For many people with depression, it is hard to stop feeling sad or having unhappy thoughts. Physical activity can help and so can learning to relax. Things like slow deep breathing, saying comforting quiet things to yourself, taking a warm bath, or sitting and concentrating on relaxing one leg and one arm at a time can help.

Every day during the next week, I will practice relaxing at least _____ times for at least _____ minutes each time.

5. Set simple goals.

Do not expect too much too soon. Do simple things like reading only a few pages of a magazine or make one bed or fix a cup of tea or cocoa. Delay big decisions until you are feeling better. Give yourself credit for each thing you do and break work into small steps.

What I want to do is _____

_____.

Step 1: _____

Step 2: _____

How likely are you to do the above things during next week?

Very likely

Maybe

Unsure

Not very likely