



My Depression Action Plan

I would rate my depression at the beginning of the week as:

Very depressed _____ Not depressed at all _____
 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____

Be physically active: Start adding physical activity to your day. Don't overdo it. Start slowly. Examples: Take a walk, run/jog, ride a bike, dance, aerobics, swim, bowling, weight lifting, tennis, housework, gardening, play basketball or any sport, take the stairs, do yoga

My Goal: I will be physically active for _____ minutes each day.

Check any day you were active: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Do something you enjoy: We all have things to do like chores, going to school or work etc. Make time in your day to do something that you want to do for fun. Examples: See a funny movie, listen to music, draw, paint, plant flowers, play a game, read, sew, make something, cook, watch TV, play an instrument, talk to a friend, go to church or pray etc.

My Goal: I will schedule time to do something I enjoy _____ days this week.

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Spend time with people who support you: When a person is depressed they often stay to themselves. It can help if you spend time with people who care about you. You can also do activities with school, a club, in your neighborhood, or with your church.

I feel supported by these people: _____

My Goal: _____ days this week I will: _____

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Start solving a problem that seems really big to you by breaking it down into smaller steps. This is helpful to do if there is a problem you are avoiding or if you are having trouble making a decision.

PROBLEM: _____

Smaller Step 1: _____ Completed: **yes no**

Smaller Step 2: _____ Completed: **yes no**

Smaller Step 3: _____ Completed: **yes no**

Now my problem seems: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____
 Not very bad _____ As bad as a problem could be _____

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Very depressed _____ Not depressed at all _____
 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____

Compiled from the following sources:

www.mentalhealthamerica.net/go/information/get-info

www.nimh.nih.gov/health/index.shtml