

# 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 \_\_\_\_\_

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

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](http://www.mentalhealthamerica.net/go/information/get-info)

[www.nimh.nih.gov/health/index.shtml](http://www.nimh.nih.gov/health/index.shtml)