

Depression Management Action Plan



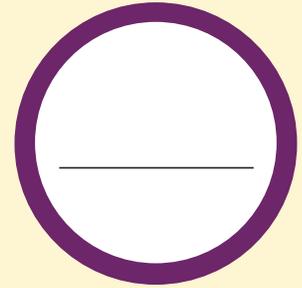
Be Physically Active



Eat a Healthy Diet



Take My Medicine



Other



Spend Time with People Who Support Me



Find Ways to Relax



Don't Drink or Use Drugs



Make Time for Things I Enjoy

My goal for the next month is (What I want to do. For example, start walking every day):

My action plan is (something I want to do right away):

One thing that could keep me from my goal and what I will do about it:

I will do this to make my success more likely:

How confident am I that I can reach this goal: *circle one*

0	1	2	3	4	5	6	7	8	9	10
Not at all		A little			Somewhat confident			Very sure		Totally confident

Follow-up plan (how and when): _____