MY SELF-MANAGEMENT GOAL FOR DEPRESSION

Taking small steps can make a big difference in managing your depression. Start by choosing one of the goals below. Then work with your health care provider to create a plan to reach that goal.

- Be physically active
- Eat a healthy diet
- Take medication as prescribed
- Spend time with supportive people
- Limit illicit drugs and alcohol
- Talk to a therapist
- Practice breathing exercises and/or meditation
- Make time for a hobby or activity
- Other (e.g., limit social media)

HOW WILL YOU DO THIS:

__________________________________________________________________________
__________________________________________________________________________

FOLLOW-UP PLAN:

__________________________________________________________________________
__________________________________________________________________________

If you have questions or are having trouble reaching your goal, speak to your health care provider about other self-care strategies.