

控制憂鬱症行動計劃



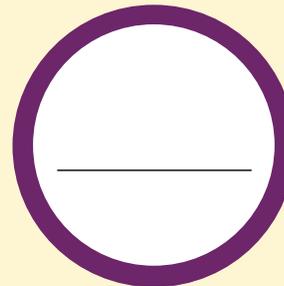
多活動



吃得健康



按時吃藥



其他



多和支持我的
人相處



找出讓自己
放鬆的方法



不喝酒或嗑藥



空出時間做
自己喜歡的事

我下個月的目標是（我想要做的事，例如：開始每天散步）：

我的行動計劃是（我想馬上開始做的事）：

可能阻礙我達成目標的一件事，以及我的解決方式：

我會採取以下行動，以便提高達成目標的可能性：

對於達成這項目標，我的信心程度是：圈選一個數字

0	1	2	3	4	5	6	7	8	9	10
根本沒有		一點點			有點信心			很有信心		完全有信心

後續計劃（做法和時間）：_____

Depression Management Action Plan



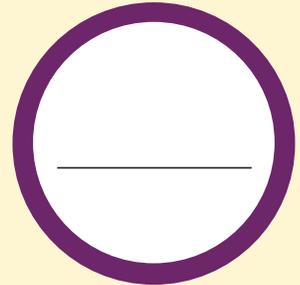
Be Physically Active



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): _____