









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.