



Depression Self-Management Goals

You are the most important person in the treatment of your depression. Your doctor and health care team have prescribed medications or other therapy for you, but it is very important for you to be a part of the treatment team. Important elements in the team approach are: 1) communication 2) planning 3) organizing and 4) compliance. These elements are reflected in the following **self-management goals**.

Signature _____ Date _____

How likely are you to achieve your goal? **Please mark the appropriate box: Yes or No to follow the recommendation.**

	Take medication as directed. This is absolutely necessary to ensure improvement in your condition. This is where COMMUNICATION comes in. If you have problems such as side effects, difficulty obtaining your medication, or you have questions about what you have read or heard, talk with your doctor or nurse before stopping or changing the medication.	Yes	No
	Take the time to schedule your day. This can be very helpful in time management (planning and organizing). Your schedule should be written out. This can also help you prioritize your day and complete difficult tasks early in the day, when your energy is at its maximum.	Yes	No
	Plan at least one pleasant activity daily. We often schedule our day full of activities which are "work" and then do something pleasurable or relaxing if we have time leftover. Make time for pleasure - read a book, watch a ball game, see a movie, visit a friend, or go for a walk.	Yes	No
	Exercise at least 5 days per week. Preferably every day (30 to 45 minutes each time). This is another thing we often do only if there is extra time. If you make it part of your written schedule, it will become easier to do, and you will feel better, physically and mentally.	Yes	No
	Be assertive. Being assertive (not angry), can help you to begin to feel better about yourself and gain self confidence. This is not something that we all naturally possess the ability to do, but requires practice. It also requires one to control emotions and not to be over-reactive, but simply stand one's ground.	Yes	No
	Stay informed. Your health care team will provide you with information about your medication and your condition. A good understanding of depression and its treatment are very important to help you become a key part of the treatment plan.	Yes	No

Circle one: 1 2 3 4 5 6 7 8 9 10