

# My Self-Care Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I have worked with another provider to set a goal.

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## What I Will Do

# 1

Choose **One** Goal:

I will \_\_\_\_\_.

(Examples: increase my physical activity;  
take my medications; make healthier food choices;  
reduce my stress; reduce my tobacco use)

Choose **One** Action:

I will \_\_\_\_\_.

(Examples: walk more; eat more fruits and vegetables)



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## How Much/How Often

# 2

How much: \_\_\_\_\_

(Example: 20 minutes)

How often: \_\_\_\_\_

(Example: three times a week on Monday, Wednesday, and Friday)

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## Confidence

# 3

Circle a number to show how sure you are about doing the activity. Try to choose an activity that you are a 7 or above.

0   1   2   3   4   5   6   7   8   9   10

Not sure at all

Somewhat sure

Very sure

\_\_\_\_\_  
My signature

\_\_\_\_\_  
Healthcare Provider signature

# Depression Self-Care Action Plan

## DEPRESSION IS TREATABLE!

### STAY PHYSICALLY ACTIVE.

Make sure you make time to address your basic physical needs, for example, walking for a certain amount of time each day.

Every day during the next week, I will spend at least \_\_\_\_\_ minutes  
(make it easy and reasonable) doing \_\_\_\_\_.

### MAKE TIME FOR PLEASURABLE ACTIVITIES.

Even though you may not feel as motivated, or get the same amount of pleasure as you used to, commit to schedule some fun activity each day, for example, doing a hobby, listening to music or watching a video.

Every day during the next week, I will spend at least \_\_\_\_\_ minutes  
(make it easy and reasonable) doing \_\_\_\_\_.

# Depression Self-Care Action Plan

## DEPRESSION IS TREATABLE!

SPEND TIME WITH PEOPLE WHO CAN SUPPORT YOU.

It's easy to avoid contact with people when you're depressed, but you need the support of friends and loved ones. Explain to them how you feel, if you can. If you can't talk about it, that's okay – just ask them to be with you, maybe accompanying you on one of your activities.

During the next week, I will make contact for at least \_\_\_\_\_ minutes  
(make it easy and reasonable) with:

\_\_\_\_\_ (name) doing/talking about \_\_\_\_\_.  
\_\_\_\_\_ (name) doing/talking about \_\_\_\_\_.  
\_\_\_\_\_ (name) doing/talking about \_\_\_\_\_.

# Depression Self-Care Action Plan

## DEPRESSION IS TREATABLE!

### PRACTICE RELAXING.

For many people, the change that comes with depression – no longer keeping up with our usual activities and responsibilities, feeling increasingly sad and hopeless – leads to anxiety. Since physical relaxation can lead to mental relaxation, practicing relaxing is another way to help yourself. Try deep breathing, or a warm bath, or just a quiet, comfortable, peaceful place and saying comforting things to yourself (like “It’s okay.”)

Every day during the next week, I will practice physical relaxation at least \_\_\_\_\_ times, for at least \_\_\_\_\_ minutes each time (make it easy and reasonable).

# Depression Self-Care Action Plan

## DEPRESSION IS TREATABLE!

SIMPLE GOALS AND SMALL STEPS.

It's easy to feel overwhelmed when you're depressed. Some problems and decisions can be delayed, but others cannot. It can be hard to deal with them when you're feeling sad, have little energy, and not thinking clearly. Try breaking things down into small steps. Give yourself credit for each step that you accomplish.

The problem is \_\_\_\_\_

\_\_\_\_\_

My goal is to \_\_\_\_\_

\_\_\_\_\_

**How Likely Are You To Follow Through With These Activities  
Prior to Your Next Visit?**

**Not Likely    1    2    3    4    5    6    7    8    9    10    Very Likely**