

YOUR DEPRESSION ACTION PLAN

SYMPTOMS

ACTION

 <p>GOOD</p> <p>Prevention</p>	<p>Sleeping and eating well</p> <p>Feeling good about myself and others</p> <p>Enjoying my daily activities</p> <p>Having a positive attitude</p> <p>Able to talk with my friends and family</p>	<p>Continue to get a good night's rest</p> <p>Healthy diet and regular exercise</p> <p>Increase enjoyable activities</p> <p>If prescribed medications, continue to take them regularly</p> <p>If seeing a counselor, be sure to continue appointments regularly</p> <p>Practice relaxation and mindfulness</p> <p>Keep a positive attitude</p> <p>Talk with a loved or trusted family member regularly</p>
 <p>OKAY</p> <p>Feeling down</p>	<p>Having some trouble sleeping</p> <p>Decreased appetite</p> <p>Not feeling as good as I normally do</p> <p>Having trouble enjoying my daily activities</p> <p>Don't feel as comfortable talking about it</p>	<p>Repeat green level activities</p> <p>Be sure to get into a steady routine</p> <p>Set goals for yourself to achieve throughout each day</p> <p>Increase water intake</p> <p>Learn to curb negative thinking, practice positive thoughts</p> <p>Keep up with little things such as household chores in order to enjoy daily activities</p> <p>Consider phone apps or websites for help (several listed on the back of this plan)</p>
 <p>BAD</p> <p>More depressed, feeling sad</p>	<p>Not sleeping at night</p> <p>Not eating</p> <p>Having scary thoughts about hurting myself or others</p> <p>Uninterested in my usual activities</p> <p>Staying away from friends and family</p>	<p>Repeat yellow level activities</p> <p>More frequent counseling</p> <p>Contact identified adult or loved one</p> <p>Call a number below</p> <ul style="list-style-type: none"> • Suicide LifeLine- 988 • Text "Hope4SC" to 741741 • Blue Ridge Pediatrics- 864.888.4464 • Carolina Center for Behavioral Health • (ER alternative for assessment) -864.235.2335 • Emergency Services - 911



BLUE RIDGE PEDIATRICS
CAREY MOLIN GULLY, M. D.

864-888-4464
www.blueridgekids.com

DEPRESSION - HELPFUL SKILLS

Scan Codes To Visit

Childhood
Depressio



Stress
Management Tips



Activity List



Belly Breathing



Coping With
Depression



Self Care

