## MOOD AND BEHAVIOR: DEPRESSION WORKSHEET

Identify your mood triggers:
☐ Keep a diary to try and identify triggers or thoughts that worsen mood. Record times when depression is worse – it can be an end of dose wearing off symptom.
Some triggers I've identified are:
Treat your depression:
☐ Talk with your doctor about treatment that can include medicine, counseling, cognitive behavioral therapy, or relaxation techniques.
Obtain a general medical examination; some medicines, thyroid disease, heart disease and illness can cause or worsen depression.
Explore light therapy if you suffer from seasonal/ winter depression.
Add fun, pleasure and positive energy to your life:
☐ Spend five minutes a day thinking about or visualizing life's pleasures or what you are grateful for: family, grandchildren, pets.
☐ Spend time to reflect on the beauty of the natural world around you.
☐ Volunteer if you can.
☐ Laugh with others. Watch comedies. Children and pets bring a smile.
☐ Dance, paint, sing, share memories with others around you.
Change your habits:
Eat a well balanced diet.
☐ Take medicines as prescribed.
☐ Tend to sleep habits (also see fatigue and sleep worksheets).

(continued on back)



Stay connected:
<ul> <li>Attend classes, support groups, call a friend, join a positive chat group or buddy program.</li> </ul>
Attend to your spiritual needs.