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.

☐ Talk to your doctor about anti-depressant medications.

☐ Closely monitor anti-depressant usage with your doctor; some studies have found that antidepressants may exacerbate other Parkinson’s symptoms.

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 – it can be uplifting and rewarding.

☐ Laugh with others. Watch comedies. Children and pets bring a smile.

☐ Dance, paint, sing, share memories with others around you.

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Change your habits:

☐ Eat a well-balanced diet.

☐ Take medicines as prescribed.

☐ Tend to sleep habits (also see fatigue and sleep worksheets).

Stay connected:

☐ Attend classes, support groups, call a friend, join a positive chat group or buddy program.

☐ Attend to your spiritual needs.