



Setting goals may help you feel less overwhelmed by your depression. Print copies of this form. Each week, fill one out. Note your progress from week to week. When you follow up with your doctor, talk about how you are feeling about these four topics.

1 I can take care of my physical health.

- I can aim for eight hours of sleep each night this week.
- I can choose healthy foods that energize me and avoid foods that don't. I will talk with my doctor about a diet that's right for me.
- I can avoid drugs and alcohol.
- I can get some physical activity each day. Some activities I enjoy are (examples: dancing, taking a walk):

- This week I plan to spend _____ minutes exercising.

What can I do differently next week?

2 I can enjoy life every day.

- I can make time each day for activities that I enjoy. Some of my favorite things to do are (examples: reading a good book, watching a favorite TV show):

- This week I plan to spend _____ minutes having fun.

What can I do differently next week?

3 I can cut back on stress.

- I can do deep breathing, yoga or helpful self-talk (example: "Everything is going to be okay"). Or, I can take a warm bath or have a cup of decaffeinated tea. I can remember that no one is perfect.
- I can identify my stressors and make a plan to minimize or avoid them. Some big stressors for me are (examples: work deadlines, arguing with a relative):

- This week I plan to spend _____ minutes relaxing.

What can I do differently next week?

4 I can reach out to others.

- I can talk with loved ones about how I feel. Or, if I don't feel like talking, I can just enjoy being with positive, helpful people. Some people I can talk with are:

- I can participate in a social activity, even if I don't feel 100 percent up to it.
- I can join a support group.
- This week I plan to spend _____ minutes reaching out to others.

What can I do differently next week?



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