Depression Action Plan

Create a Daily Schedule

Eat Healthy

Plan Enjoyable Activities

Use Problem Solving

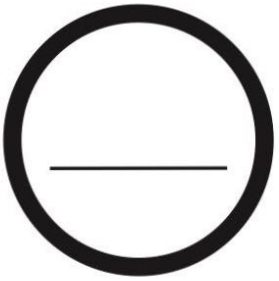
Be Physically Active

Take My Medicine

Schedule Sleep

Practice Relaxation

Spend Time With Supportive People



Other

Consider the steps above. Which ones are you willing to try during the next few days?

How confident are you that you can do these steps? Circle your answer.

Not at all confident										Extremely confident
0	1	2	3	4	5	6	7	8	9	10

If you rate your confidence below a 7, consider changing your plan.