

# Depression **action plan**

Stress, demands, and worries may make it hard to remember what to do. Make a plan and share it with your doctor.

## **Calm down and relax**

- Sit in a quiet room.
- Take slow, deep breaths.
- Walk away from things or people that upset me.
- Other \_\_\_\_\_

## **Change how I feel**

- Do something I like \_\_\_\_\_
- Join a support group.
- Exercise. Take a walk or bike ride.
- Smile.
- Listen to a song I enjoy \_\_\_\_\_
- Other \_\_\_\_\_

## **Change how I think**

- Focus on one thing at a time. Don't think about everything.
- Do not think of bad events as reason to give up.
- Other \_\_\_\_\_

## **Take my medicine**

Name and Strength of Medicine	How much to take	When to take

## **Ask for help when I need it**

Doctor	Emergency 911
Pharmacist	Other



GlaxoSmithKline