SELF-CARE SUCCESS!
Things you can do to help yourself.

Name: ___________________               Date: ____________

Instructions: When people are depressed they often forget to take care of themselves. By setting self-care goals you can take an active role in helping yourself feel better more quickly. Choose one or two of the areas below and set a goal. Make sure the goal is clear and reasonable. In the space below the boxes rate how likely you are to follow through on the goal(s) you set. If you are not very sure you can follow through on your goal you may want to find alternatives or make some adjustments.

Stay Physically Active
Each week during the next month I will spend at least ____ days doing the following physical activity for ____ minutes.
_________________________________________________________________________
(Pick a specific date and time and make it reasonable!)

Schedule Pleasant Activities
Even though I may not feel motivated I will commit to scheduling ___ fun activities each week for the next month. They are________________________ __________________________ __________________________ __________________________
_________________________________________________________________________
(Specify when and with whom.)

Eat Balanced Meals
Even if I don’t feel like it, I will eat ___ balanced meals per day to include
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
(Choose healthy foods.)

Spend Time With People Who Can Support You
During the next month I will spend at least ___ days for at least ___ minutes at a time with:
________________________ doing:________________________
________________________ doing:________________________
(Who?) (What?)
(e.g. talking, eating, playing)

Spend Time Relaxing
Each week I will spend at least ____ days relaxing for ___ minutes by participating in the following activities:
________________________________________________________________________
(e.g. reading, writing in a journal, deep breathing, muscle relaxation)

Small Goals & Simple Steps
The problem is:________________
____________________________
My goal is:___________________
____________________________
Step 1:______________________
____________________________
Step 2:_______________________
____________________________
Step 3:_______________________

How likely are you to follow through with these activities prior to your next visit?

Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

What might get in the way of your completing these activities prior to your next visit?
__________________________________________________________________________________________________________________________________________

Solution(s) to the above barriers
__________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________

Adapted from Rost K. Depression Tool Kit for Primary Care NIMH grant MH54444