



Self-Care Plan

Name _____

Date: _____

It's easy to feel overwhelmed when you're depressed or anxious. It can be hard to deal with problems when you're feeling sad and have little energy. Setting goals for things that are within your control has been shown to help women feel emotionally well. Your goals should be fairly easy to start. You do not need to do all of these. Choose one or two to try in the coming weeks.



1. **Stay physically active.** Make sure you make time to be active.

During the week, I will spend at least _____ minutes doing (write in activities) _____
_____. I will try to do these for _____ minutes each time.



2. **Make time for pleasurable activities.** Commit to scheduling some fun activity each day.

Things I find pleasurable include: _____

During the week I will spend at least _____ minutes doing (choose one or more of activity to try in the coming week) _____



3. **Ask for help.** Look to those in your life who you can ask for help - for example your husband or partner, your parents, other relatives, your friends.

People I can ask to help me: _____

During the week I will ask at least _____ person/people for help.



4. **Talk or spend time with people who can support you.** Explain to friends or loved ones how you feel. If you can't talk about it, that's OK - just ask them to be with you, or join you for an activity.

People I find supportive include _____

During the week, I will make contact with _____ (name/s) and try to talk with them _____ times.



5. **Practice Relaxing.** Try deep breathing, or a warm bath, or just finding a quiet, comfortable, peaceful place and saying comforting things to yourself (like "It's OK").

During the week, I will practice physical relaxation by doing _____ at least _____ times, for at least _____ minutes each time.



6. **Simple goals and small steps.** Try setting a new goal that is different than above. Try breaking things down into small steps and give yourself credit for each step you accomplish.

The problem is: _____ my goal is: _____

Step 1: _____ Step 2: _____

Step 3: _____ Step 4: _____

People who are experiencing symptoms of depression also have thoughts about harming themselves or that they might be better off dead. Usually these thoughts go away once treatment has begun but if these thoughts get worse, if you feel unsafe, or feel you cannot resist the urge to act on these thoughts, please call the suicide hotline at 1-800-273-8255.



Some Things You Can Do To Boost Your Mood

Doing something new	Talking with friends	Taking children places
Soaking in the bathtub	Having family get-together	Dancing
Collecting things	Going camping	Going on a picnic
Going on vacation	Arranging flowers	Meditating
Think about finishing school	Going to the beach	Having lunch with a friend
Recycling old items	Thinking "I'm an OK person"	Playing cards
Relaxing	A day with nothing to do	Texting friends
Go to a movie in the week	Doing needlepoint	Chatting online
Listening to music	Singing with groups	Knitting
Recalling good memories	Playing musical instruments	Doing crossword puzzles
Lying in the sun	Doing arts and crafts	Dressing up and looking nice
Laughing	Making a gift for someone	Reflecting on improvements
Listening to others	Cooking	Talking on the phone
Reading a book	Going out to dinner	Going to museums
Hobbies	Working	Thinking religious thoughts
Spend a night with friends	Gardening	Getting a massage
Planning a day's activities	Going to the beauty parlor	Think about my good qualities
Meeting new people	Playing tennis	Taking a bath
Remembering beautiful scenery	Watching my children (play)	Doing something new
Playing board games	Going to plays and concerts	Writing a card to someone
Repairing things in the house	Planning to go to school	Playing with animals
Having quiet evenings	Making lists of tasks	Thinking about fun events
Taking care of my plants	Going bike riding	Going to church
Going swimming	Walks in the woods	Remembering the words and deeds of loving people
Exercising	Going to a spectator sport	Eating healthy foods to feel good about myself
Collecting old things	Writing in a journal	Reminding myself all the good things I have going for me
Playing soccer	Cleaning	Thinking "I did that pretty well" after doing something