



Depression

Success begins with a plan. We've provided a few ideas to get you started. Complete this template to create your action plan for Depression. Then follow the steps you've defined to achieve your goal.

Name:

Date:

My goal is to:

I will complete my goal by: (date)

I will know I've achieved my goal when:

DEPRESSION TIP:

A daily relaxation practice, such as yoga or deep breathing, can help relieve symptoms of depression and boost feelings of joy and well-being.

I am working on this goal with: (add names)

Specific steps I will take to reach my goal:

Resources I can use:

I will complete this step by: (date)

1. Learn more about depression	<u>ComPsych: What You Need to Know About Depression</u>	
2. Assess my symptoms	<u>ComPsych: Depression Questionnaire</u>	
3.		
4.		
5.		