SELF-CARE SUCCESS!

Things you can do to help yourself.

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____________________
____ 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