

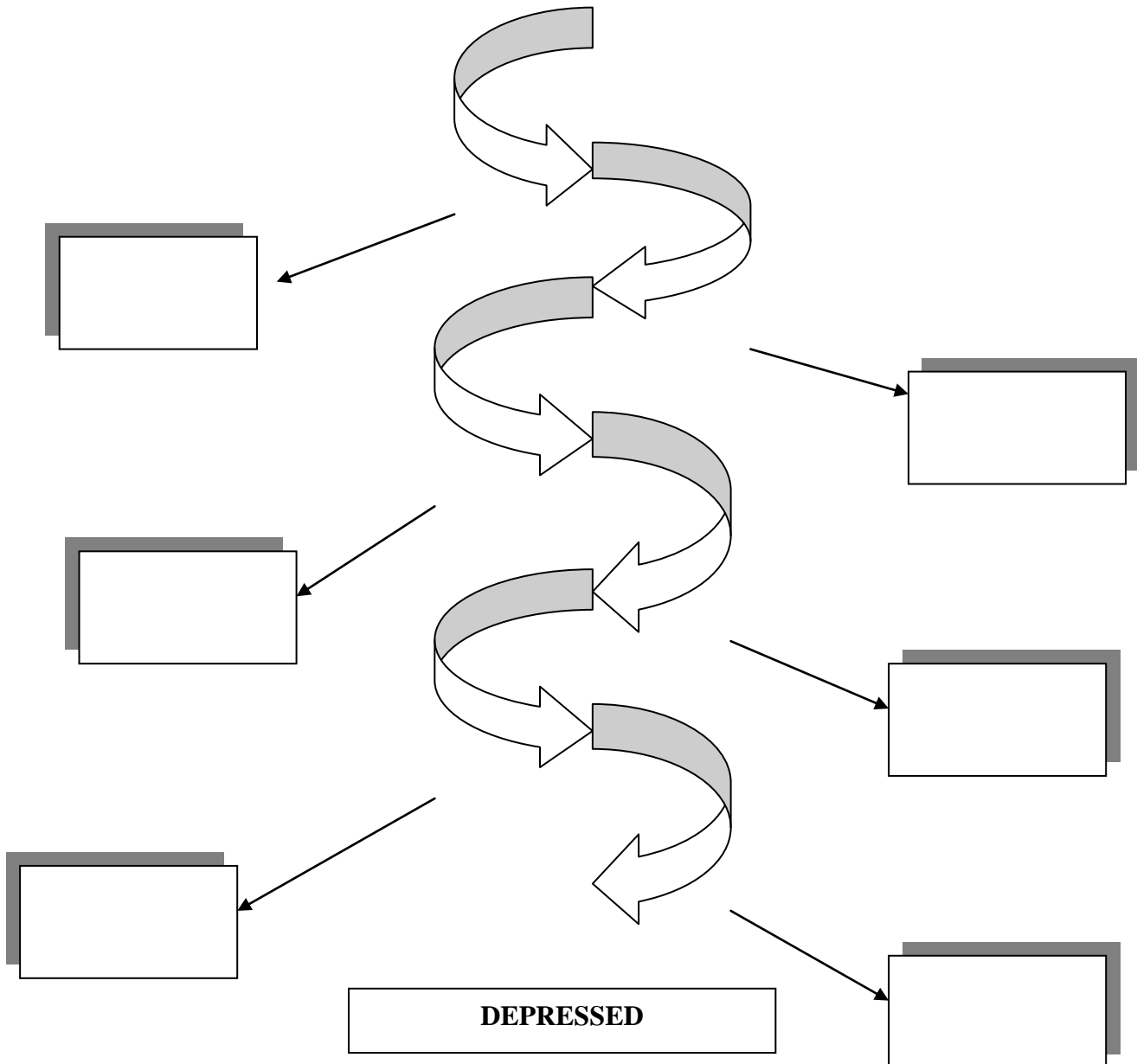
Information from your Primary Care Team

Tips for Recognizing and Managing Depression

Depression Spiral

Stressful Situation or Event

Recognizing Depression



Tips for Managing Depression (continued)

Recognizing Depression

How do you know when you or someone else is depressed? What are the signs? Some signs include the following:

Physical symptoms	Behavior	Thoughts	Emotions
Tired or fatigued	Doing less	Difficulty concentrating	Sadness
Appetite change (increase or decrease)	Sleeping more or less	Expecting the worst	Anger or irritability
More aches and pains	Withdrawing from others	Thoughts of suicide	Guilty feelings

What are the physical symptoms, thoughts, and emotions associated with depression that you have noticed in yourself?

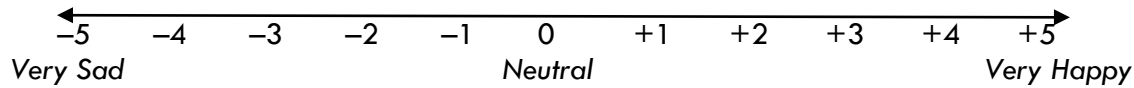
Physical symptoms	Behaviors	Thoughts	Emotions

Tips for Managing Depression (continued)

Improving Your Mood

To identify the situations that affect your mood, it can be helpful to monitor how your mood changes. Consider using this diary to track how your mood changes from day to day, and try to identify patterns that occur.

Daily Mood Record



1. Using the scale above, rate your general level of sadness at the end of each day.
2. This rating is based on how you felt on average over the course of each day.
3. If you felt great, mark +5.
4. If you felt really bad (the worst you have ever felt or can imagine yourself feeling), mark -5.
5. If it was average, mark 0.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Average
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								

Increasing Activities

When we perceive ourselves as overwhelmed or not feeling well, we often choose to avoid activities that we once enjoyed. However, by not spending time in those activities, we have fewer opportunities for enjoyment. One of the most important steps to help reduce depressive symptoms is to engage in potentially enjoyable or meaningful activities.

Setting Enjoyable and Meaningful Activities or Physical Activity Goals

- Is the goal realistic?
- Is a target date set for completion?
- Is the goal measurable?
- Is the goal broken down into small realistic parts?
- Once accomplished, what rewards will you use?
- Is the goal personally meaningful?
- Is a relapse plan clearly established?

Tips for Managing Depression (continued)

An example of goal setting:

Week 1: Walk 8 minutes/day, 3 days/week
Week 2: Walk 10 minutes/day, 3 days/week
Week 3: Walk 12 minutes/day, 3 days/week
Week 4: Walk 12 minutes/day, 4 days/week
Week 5: Walk 14 minutes/day, 4 days/week
days/week

Week 6: Walk 16 minutes/day, 4 days/week
Week 7: Walk 16 minutes/day, 5 days/week
Week 8: Walk 18 minutes/day, 5 days/week
Week 9: Walk 20 minutes/day, 5 days/week
Week 10: Walk 20 minutes/day, 5

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