
Information from your Primary Care Team

Action Plan for Depression

WHAT WE KNOW DECREASES DEPRESSION

REGULAR PHYSICAL ACTIVITY:

Regular physical activity acts as a safety net increasing endorphin and dopamine chemicals in your brain which help you feel happier. Most of us have relatively sedentary lives and this increases the likelihood that we will feel depressed. This is especially true after surgery or when your normal activities have decreased significantly in a short amount of time.

SOCIAL CONNECTIONS:

We are social beings and when we isolate from other people, we become depressed. Increase your connection to friends and family. If you have difficulty identifying people you enjoy spending time with, explore social groups focused on activities you enjoy (ex: church group, photography club, book club, etc).

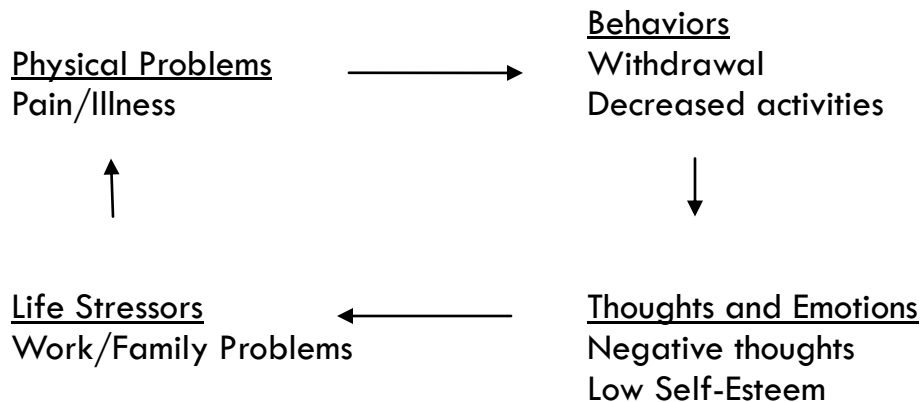
PLEASANT ACTIVITIES/HOBBIES:

Choosing activities which make you feel good and doing things you enjoy can help you feel less depressed. Spend time with your pet, spend time working on projects, or visiting a relaxing place are examples of this proven method.

Thinking about your A — B — Cs...

- | | |
|---|-----------------------------------|
| A | Activating Event |
| B | Beliefs/Thoughts |
| C | Consequences (Emotions) |
| D | What are you going to DO about it |

Cycle of Depression



Facts About Antidepressant Medication

1. Always take the medication as prescribed, daily.
2. Never stop taking the medication all at once, discuss your thoughts with your provider and they will advise the best way to discontinue taking this medication.
3. Most side effects are temporary during the first couple weeks, until your body gets used to the medication. However, if the side effects are uncomfortable, let your provider know.
4. People begin to feel the effects of antidepressants at different times. It typically takes 2-4 weeks of taking the medication every day to get the full positive effects. Some kinds of antidepressants may take longer for full benefit.
5. General guidelines suggest that a person taking antidepressant medication for a first episode of depression continue use for 9-12 months before considering discontinuing that medication.
6. People with repeated episodes of depression should expect to be taking the medication long-term.

The Center for Integrated Healthcare gratefully acknowledges the Behavioral Health Lab (BHL), Louisville KY VAMC for authorship of information contained within this brochure.

MY ACTION PLAN

1. I will:

Frequency: _____ times a _____

Completion date: _____

How confident am I that I will do this plan:

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. I will:

Frequency: _____ times a _____

Completion date: _____

How confident am I that I will do this plan:

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Contact Information:

Clinician's Name:

Clinician's Number:

24-Hour Suicide Prevention Hotline: 1-800-273-8255

My appointment is:

_____ @ _____

_____ @ _____

_____ @ _____

_____ @ _____