

Managing Depression Worksheet

To assess your efforts to manage depression and to plan what to do next, complete the worksheet below. First, check the strategies you have tried already; rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful); and check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Counseling / therapy			
Keeping active			
Keeping daily routines			
Exercise			
Problem solving			
Resting			
Change negative thinking			
Pleasurable activities			
Staying connected			
Anti-depressant medications			
Check side effects of other medications			
Help others			
Manage stress			

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