

Zone Tool: Self-Management for Depression

GREEN ZONE

GREEN ZONES: ALL CLEAR

Your Goals:

- Stable mood
- Sleeping well
- Healthy appetite
- Feeling hopeful
- Able to concentrate

GREEN ZONES ACTION STEPS:

- Have some fun.
- Engage in activities you enjoy.
- Your symptoms are under control.
- ✓ Continue taking your medications as ordered.
- ✓ Keep all physician appointments.

YELLOW ZONE

YELLOW ZONE: CAUTION means your symptoms are starting to change

These symptoms may be early warning signs that your depression is worsening:

- Sad mood most of the time
- Not eating/eating too much
- Trouble concentrating
- Not sleeping well/sleeping too much
- Not finding pleasure in normal activities
- Increase in feelings of irritability/anger
- Loss of energy to do chores/activities
- Not taking medications as prescribed
- Missing physician appointments

YELLOW ZONES ACTION STEPS:

- Call your physician if you are going into the YELLOW zone.
- Your symptoms may indicate that you need an adjustment of your medications.

Begin to use identified coping skills such as talking to a trusted friend or family member, gardening, needlework, watching a funny movie, etc...

Physician Name: _____

Phone Number: _____

RED ZONE

RED ZONES: MEDICAL ALERT

- Overwhelmed by feelings of sadness/despair
- Feeling hopeless and/or helpless
- Thoughts or feelings of killing or harming yourself
- Unable to leave the bed
- Not eating
- Not sleeping
- Stopped taking medications
- Missing physician appointment

RED ZONE MEANS:

You need to be evaluated by a physician right away.

Get help immediately if you are in the RED ZONE. Call your physician, go to the nearest emergency room or call the National Suicide Prevention Lifeline by dialing **988**.