

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 at **1800-273-8255 (TALK)**

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