

# Self-Management for Depression

## Zone Tool

### Green Zone

#### GREEN ZONES: ALL CLEAR

Your Goals:

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

#### GREEN ZONES: ACTION STEPS

- Having 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**

The following symptoms maybe 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 ZONE: 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, watch 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 appointments

#### RED ZONE MEANS:

This indicates that 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 1-800-273-8255 (TALK), TTY: 711**

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