

Controlling depression at home



Main Line Health®
HomeCare & Hospice

How do I feel today?



Green zone

No signs of depression.



Yellow zone

Take action today.
Call:





Red zone

Take action now!
Call:



How do I feel about doing my normal activities?

I can concentrate.

I feel good about:

- Getting up
- Facing the day
- Socializing

I feel sad, tired or nervous when I think about doing my normal activities.

I do not want to:

- Get up
- Face the day
- Socialize

I would rather:

- Stay in bed
- Not socialize
- Not eat

I cannot concentrate.

I do not feel anything.

How have I been sleeping?

No change in sleeping patterns.

My sleeping patterns have changed and now I:

- Sleep more or less
- Have trouble falling or staying asleep
- Stay awake and worry

I worry most of the night.

I sleep a lot during the day and keep my room dark.

Am I taking my medicine for depression?

I take my medicine and it works for me.

I take less medicine than my doctor prescribed because:

- It is more than I need
- I do not like the side effects
- I worry about being addicted to it

I do not take my medicine because:

- It is not helping
- I do not need it

Do I think about hurting myself?

No thoughts of hurting myself.

I feel hopeful.

I sometimes think of hurting myself, but I do not do it because I:

- Do not believe in suicide
- Am afraid to die

I feel like life is not worth living.

I have a plan for killing myself.

My plan for controlling depression at home

Things I can do to control depression:

- ☐ Ask myself how I feel each day
- ☐ Reach out to people who support me
- ☐ Take my medicine
- ☐ Keep pain under control
- ☐ Keep anxiety under control
- ☐ Stay active:
 - Get regular exercise
 - Eat balanced meals
- ☐ Get a healthy amount of sleep each night (7 - 9 hours)
- ☐ Do something relaxing each day
- ☐ See my doctor
- ☐ Tell my care team or doctor if:
 - I begin to feel worse
 - I have thoughts about hurting myself
- ☐ Other ideas:

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.