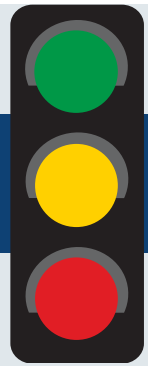


# ZONE TOOL

## Self-Management for Depression



### GREEN ZONE



#### GREEN ZONES: ALL CLEAR

Your Goals:

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

#### GREEN ZONE 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 ZONES: 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
- 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; 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 appointment

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