

Self-Care Success!

Things you can do to help yourself.

Name: _____ Date: _____


Instructions: When people are depressed they often forget to take care of themselves. By setting self-care goals you can take an active role in helping yourself feel better more quickly. Choose one or two of the areas below and set a goal. Make sure the goal is clear and reasonable. In the space below the boxes rate how likely you are to follow through on the goal(s) you set. If you are not very sure you can follow through on your goal you may want to find alternatives or make some adjustments.



Stay Physically Active

Each week during the next month I will spend at least ____ days doing the following physical activity for ____ minutes.


(Pick a specific date and time and make it reasonable!)



Schedule Pleasant Activities

Even though I may not feel motivated I will commit to scheduling ____ fun activities each week for the next month. They are _____


(Specify when and with whom.)



Eat Balanced Meals

Even if I don't feel like it, I will eat ____ balanced meals per day to include _____

(Choose healthy foods.)




Spend Time With People Who Can Support You

During the next month I will spend at least ____ days for at least ____ minutes at a time with: _____ doing: _____

_____ doing _____

_____ doing: _____


(Who?) (What?)
(e.g. talking, eating, playing)



Spend Time Relaxing

Each week I will spend at least ____ days relaxing for ____ minutes by participating in the following activities: _____

(e.g. reading, writing in a journal, deep breathing, muscle relaxation)



Small Goals & Simple Steps

The problem is: _____

My goal is: _____

Step 1: _____

Step 2: _____

Step 3: _____

How likely are you to follow through with these activities prior to your next visit?

Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

What might get in the way of your completing these activities prior to your next visit?

Solution(s) to the above barriers
