

This tool is intended to help remind you to take care of yourself and follow through on the different components of your self-care program. Select one or more of the areas indicated below to work on in a given timeframe. Focus on setting realistic goals, and on identifying barriers you may need to overcome in order to achieve your goals.

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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Today's date: 9/20

My timeframe for these goals: Today This week This month Before my next appointment

Physical Activity

I will spend at least 3 days doing the following physical activity for 30 minutes:

Walking the dog, riding my bike or walking on the treadmill

Fun

Regardless of how I feel, I will commit to scheduling 2 fun activities, including:

Going to a movie with a friend, going to the mall, taking a trip to the cider mill in the fall, going to the library and picking out a new book

Eating Right

I will make the following choices to improve my eating habits:

Switch to decaf coffee, substitute fruit for a candy bar as my afternoon snack, cut down on soda.

Support from Others

I will spend at least 15 minutes on at least 3 days spending time with:

My sister, my dog, and my best friend Carla

Relaxation

I will spend at least 30 minutes on at least 3 days on the following relaxing activities: Yoga

class, yoga video, reading for pleasure, writing in my journal

My Specific Goal

My goal is: To lose a pound this week

Step #1: Write down everything I eat

Step #2: Follow my exercise plan

Step #3: Stay away from junk food

How likely are you to follow through with these activities during the timeframe you have set?

Not likely	1	2	3	4	5	6	7	8	9	10	Very likely
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What might get in the way of meeting the goals you have set for this timeframe? Stress at work, busy schedule for myself and my kids

Brainstorm possible ways to overcome these barriers: Exercise in the morning before work, prepare meals for week on Sundays, pack my lunch to make sure I keep my meals healthier (after the kids go to bed), have my husband get the kids ready for bed so I can read or do yoga.