

DEPRESSION: Zones for Self-Management

Green Zone = All Clear



Your goals:

- Neutral mood
- No sleep disturbance
- No appetite disturbance
- Feeling hopeful
- Able to concentrate
- Having some fun/pleasure
- Compliant with medication regimen and doctors' appointments

Green Zone Means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Keep all physician appointments

Yellow Zone = Caution



If you have any of the following signs/symptoms:

- Sad mood most of the time
- Decreased interest in food
- Sleep disturbance
- Decrease in ability to experience pleasure/have fun
- Increase in feelings of irritability/anger
- Decrease in interest in doing daily chores/activities
- Decrease in compliance with medications and doctors' appointments

Yellow Zone Means:

- You need an adjustment to your medications and/or need to call your home care nurse
- Call your physician, nurse coordinator or home care nurse

Red Zone = Medical Alert



- Overwhelmed by feelings of sadness or despair
- Feeling hopeless and/or helpless
- Unable to leave bed
- Suicidal thoughts or behavior
- Stopped eating
- Unable to sleep
- Unwilling to take medications or keep doctors' appointments

Red Zone Means:

- You need to be evaluated by your doctor right away

CALL YOUR PHYSICIAN NOW!

Physician number: _____

Call your physician immediately if you are going into the red zone!