



# Relapse Prevention

Depression often comes back more than once, so it's important to be ready! Answer the questions below and use this sheet as a guide if you need it in the future.

## What are situations that could trigger depression in the future?

*Think about big changes, disappointments or frustrations that could come up. Think about the kinds of situations that have caused depression in the past.*

## What are warning signs that you could be slipping into depression?

*Think about changes to your feelings, your body, your thoughts or your behavior. For many people depression starts with avoiding things that are important but stress you out.*

## What strategies have helped with your mood in the past?

*Check the box and write notes about the ones that have helped.*

- Choosing activities that boost my mood, even if I don't really feel like it. List some activities you can try if you feel down.

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- Staying healthy—getting regular exercise, keeping a good sleep schedule, eating well.
- Solving problems that are dragging down my mood.
- Identifying my goals and taking some SMART steps toward them.
- Noticing and changing unhelpful negative thinking.
- Managing my stress levels and coping with big feelings. Write down what has worked for you:

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- Facing fears to overcome them
- Getting support from family. What helped?

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- Getting support from friends. What helped?

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- Talking to a counselor. What helped?

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- Other: