



HAVE A PERSONAL WELLNESS PLAN. There is a saying, “If you fail to plan, you plan to fail.” Make your plan while you are feeling well and before any signs and symptoms of depression return so that you can put it into action more easily should some of your symptoms recur or you have some ‘red flags’.

For example, a sign that you are at risk of a mood dip may be that you are starting to do everything yourself again. So, you want to have ideas about how to keep your social support strong, e.g. seeking professional help, sharing responsibilities and reaching out to friends.

My Red Flags	Signs and Symptoms (What to watch for)	What I can Do
<ul style="list-style-type: none">• Doing everything myself• Moving	<ul style="list-style-type: none">• Feeling overwhelmed• Letting daily tasks slip	<ul style="list-style-type: none">• Ask my mom to watch the kids• Set some small goals with my partner• Go for a walk with friend

Based on what you learned from your recent experience with depression, fill out the table below.

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