



## Depression Relapse Prevention Toolkit



Although most people recover from depression and have no further issues, some may experience a relapse within the following year. It is therefore important to learn how to prevent it from occurring again.

Relapse prevention is about monitoring and identifying your early warning signs and their triggers, as well as developing an effective and proactive plan of action to prevent relapse or minimise its effects.

There are some things you can do to prevent a relapse or minimise its impact:

1. Monitor your **mood** regularly;
2. Be aware of your own warning signs and their triggers;
3. Develop a plan of action to deal with the triggers (*proactive*);
4. Develop a plan of action to know what to do when you identify early warning signs (*reactive*).

This toolkit has been developed to help you monitor and keep track of your depression symptoms and take early action to prevent a relapse.



## Mood Monitoring Worksheet

Print this page and record your mood daily by making a dot on the box that best describes your mood on each day. Connect the dots together with a straight line. Look for patterns and correlations between your lifestyle changes or treatment and your mood ratings over the week.



Your name:.....

Month / Year: .....

Mood / Day	1	2	3	4	5	6	7
Very Positive 😊							
Mildly Positive 😊							
Neutral Mood 😊							
Somewhat depressed 😞							
Very depressed 😞							
<i>Lifestyle or treatment changes?</i>							



## Symptoms Monitoring Worksheet

Print this page and mark any of the symptoms that you experience each day over the week. Identify triggers and take note of them.



Your name:.....

Month / Year: .....

Symptoms / Day	1	2	3	4	5	6	7	Triggers
Feeling down or sad								
Feeling irritated								
Feeling tense, restless								
Low self-esteem								
Loss of motivation								
Low energy								
Changes in sleep								
Feelings of worthlessness								
Changes in appetite / weight								
Poor concentration								
Alcohol / drugs overuse								
Social withdraw								



## Your Action Plan

Early intervention is the best approach to prevent depression relapse. Having a well thought plan of action, with as much detail as possible, is a great way to help you manage triggers and overcome the early warning signs of depression.

Use the worksheet below to think and plan early interventions, either in a proactive and reactive manner.



Note whether the identified triggers can be avoided or not. If not, you must clearly state what to do to cope with the situation either before you are exposed to the trigger, during and after.

<b>Triggers you <u>CAN</u> avoid</b>	<b>How to avoid it (i.e. what to do instead)</b>



<b>Triggers you <u>CANNOT</u> avoid</b>	<b>Plan what to do before, during and after the trigger event</b>



Note below your action plan for those times when early warning signs of depression are identified.

<b>Early Warning Sign and Action Plan</b>	
<b>What I would do</b>	
<b>What I would ask my friends or family to say to me</b>	
<b>What I would ask my friends or family to do for me</b>	