



Major Depressive Disorder Wellness Workbook

This Workbook belongs to you and you decide how to use it. You decide who to show it to and whether or not you want someone to work with you on it. You decide how much time to spend on it and when to do it.

This resource is provided to you as an educational resource. It is not intended as, nor is it a replacement for, medical advice and/or treatment from your doctor.

The Workbook

Living with major depressive disorder (MDD) has its ups and downs. Following your doctor's treatment plan may help, but it can sometimes be hard to know if your treatment is working from one day to another.

This MDD Wellness Workbook can be used daily to record your thoughts and feelings, as well as your wellness goals. It also includes a Patient Health Questionnaire and a Daily Tracker that you can routinely fill out and bring with you to your doctor's appointments.

You can also turn to this Workbook in times of difficulty. It is designed to help you learn about yourself, what may help keep you well, and what may not. It may help you control your symptoms better and be of help when things get worse.

This Workbook can help keep you focused on your wellness goals to help you get back to the people and things that are important to you.

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If your symptoms are getting worse, you should contact your doctor or other members of your treatment team right away.

This is not a diagnostic tool. Only a health care professional can diagnose MDD. Always follow the health care advice of your doctor. Do not change the way you take your medication without talking to your doctor.

If you ever have suicidal thoughts, call your doctor or 911, or go to the emergency department. Take suicidal thoughts seriously and get help immediately.

MDD and Reaching Your Wellness Goals

Describe the things that were important to you (activities, hobbies, family events, etc) but that you no longer enjoy doing now that you have MDD.

These are things I used to enjoy doing when I was well: _____

Make a list of the wellness goals you want to achieve to get you back to the people and things that are important to you. For example, Wellness goal #1: Start exercising again by walking 15 to 20 minutes each day.

Wellness goal #1: _____

Wellness goal #2: _____

Wellness goal #3: _____

Wellness goal #4: _____

Understanding Triggers

Triggers are things that happen to us in our daily lives that may set off a chain reaction of uncomfortable or unhelpful behaviors, thoughts, or feelings.

What are my triggers? _____

How do I work through my triggers? _____

What can I do to avoid or limit my exposure to things that trigger me? _____

Early warning signs are small changes in the way you think, feel, or act that mean you may need to take action to avoid worsening symptoms.

What are my early warning signs? _____

What action can I take when I recognize the early warning signs? _____

Managing Your MDD

Worsening symptoms may require reaching out to your doctor or another member of your treatment team to let them know how you're feeling.

When my symptoms get worse, this is how I think and feel, and how I act: _____

What can I do to reduce these difficult experiences and possibly keep things from getting worse? _____

There may be people in your life who help you get through difficult times. Talk to your loved ones about the best way to help you.

If I'm having a difficult time, these are the things that help me feel more comfortable:

Here is a list of things that I feel are NOT helpful and might make me feel worse:

Tips for Coping With a Bad Day

We all have good days and bad days. When a bad day comes along, keep in mind that there may be things you can do to make living with MDD more manageable, including:

- **Educate yourself about MDD**, join a local support group, or ask your doctor for more information about coping with MDD.
 - The National Alliance on Mental Illness (www.nami.org) and the National Institute of Mental Health (www.nimh.nih.gov) offer support group programs for people with MDD.
- **Talk to your partner or spouse**, or call a family member or friend.
- **Take a walk or get a little exercise**, which may produce positive mental and physical health benefits.
- **Avoid using alcohol or other substances** to try to make a bad day better.
- **Spend time doing the things you enjoy.**
- **Keep track of your daily mood**, as well as side effects from medicines, by using a journal. You can also search for “depression apps” on your smartphone to find a variety of apps to help track your day-to-day MDD symptoms.



Talk to your doctor if you have trouble coping with your MDD.

Tracking Your Medicines

Share this medication list with your spouse, partner, caregiver, or loved one to help them support you in following your treatment plan.

- **Take your medicine every day**, at the same time, or exactly as your doctor ordered.
- **Don't stop taking your medicine** if you are feeling better.

List each medication you are currently taking, why you are taking it, and who prescribed it.

I am currently taking the following medications:

Medication/dose 1: _____

What it's for: _____

Prescriber: _____

Medication/dose 2: _____

What it's for: _____

Prescriber: _____

Medication/dose 3: _____

What it's for: _____

Prescriber: _____

Medication/dose 4: _____

What it's for: _____

Prescriber: _____

Medication/dose 5: _____

What it's for: _____

Prescriber: _____

Who to Call in Case of Emergency

If My Symptoms Are Getting Worse

If your actions are potentially harmful to yourself or other people, tell someone who can help right away:

- Call your doctor's office.
- Call 911 for emergency services.
- Go to the nearest hospital emergency department.
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-8255 to be connected to a trained counselor.

Here's the contact information for my treatment team:

My General Doctor is (name): _____

Phone number: _____

My Psychiatrist is (name): _____

Phone number: _____

My Therapist is (name): _____

Phone number: _____

My Pharmacy/Pharmacist is (name): _____

Phone number: _____

My Family Member/Friend is (name): _____

Phone number: _____

My Other Important Health Care Provider is (name): _____

Phone number: _____

Patient Health Questionnaire to rate how you are feeling

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Circle to indicate your answers

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself	0	1	2	3

Add up your TOTAL SCORE =

If you marked *any* problems above, circle to indicate your answer

	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
How <i>difficult</i> have these problems made it for you to do your work, take care of things at home, or get along with other people?	0	1	2	3

Take this questionnaire and share it with your doctor during your next office visit

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Daily Tracker to track how you are feeling over time

On a scale of 1 to 5 (1=best; 5=worst), circle to rate your feelings each day

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Appetite

Rate how well you are eating a healthy and balanced diet



1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

Sleep

Rate how well rested you feel



1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

Motivation

Rate your energy level and how motivated you are to get things done



1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

Focus

Rate how well you are able to concentrate on daily tasks



1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

Social

Rate your comfort level in social situations



1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

Mood

Rate how you felt overall today



1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

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Living With Major Depressive Disorder?

**Remember, you are not alone.
Your treatment team is here to help.**