

# MOOD AND BEHAVIOR: DEPRESSION WORKSHEET

## Identify your mood triggers:

- ☐ Keep a diary to try and identify triggers or thoughts that worsen mood. Record times when depression is worse – it can be an end-of-dose, wearing-off symptom.

**Some triggers I've identified are:** \_\_\_\_\_

## Treat your depression:

- ☐ Talk with your doctor about treatment that can include medicine, counseling, cognitive behavioral therapy or relaxation techniques.
- ☐ Obtain a general medical examination; some medicines, thyroid disease, heart disease and illness can cause or worsen depression.
- ☐ Explore light therapy if you suffer from seasonal/winter depression.
- ☐ Talk to your doctor about anti-depressant medications.
- ☐ Closely monitor anti-depressant usage with your doctor; some studies have found that antidepressants may exacerbate other Parkinson's symptoms.

## Add fun, pleasure and positive energy to your life:

- ☐ Spend five minutes a day thinking about or visualizing life's pleasures or what you are grateful for: family, grandchildren, pets.
- ☐ Spend time to reflect on the beauty of the natural world around you.
- ☐ Volunteer – it can be uplifting and rewarding.
- ☐ Laugh with others. Watch comedies. Children and pets bring a smile.
- ☐ Dance, paint, sing, share memories with others around you.

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**Change your habits:**

- ☐ Eat a well-balanced diet.
- ☐ Take medicines as prescribed.
- ☐ Tend to sleep habits (also see fatigue and sleep worksheets).

**Stay connected:**

- ☐ Attend classes, support groups, call a friend, join a positive chat group or buddy program.
- ☐ Attend to your spiritual needs.