

EMOTIONAL WELLNESS: DEPRESSION

Identify Triggers

- ☐ Keep a diary to identify triggers or thoughts that worsen your mood. Record times when depression is worse. For instance, depression can worsen when medications wear “off.”

Some triggers I’ve identified are: _____

Address Depression

- ☐ Talk with your doctor about treatment. This can include medicine (such as antidepressants), counseling, cognitive behavioral therapy or relaxation techniques.
- ☐ Obtain a general medical examination. Some medications, thyroid disease, heart disease and illness can cause or worsen depression.
- ☐ Explore light therapy if you suffer from seasonal/winter depression.
- ☐ If you are currently taking antidepressants, closely monitor with your doctor. Some studies have found that antidepressants may exacerbate other Parkinson’s symptoms.

Add Positive Energy

- ☐ Spend five minutes a day thinking about or visualizing life’s pleasures or what you are grateful for, such as 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.

Change Your Habits

- ☐ Eat a well-balanced diet. Consult the “Nutrition Self-Assessment” in this section for more ideas of how to improve your diet.
- ☐ Take medications as prescribed.
- ☐ Tend to sleep habits. Consult both the “Fatigue Worksheet” and the “Insomnia and Sleep Worksheet” in this section for tips to improve your sleep hygiene.

WORKSHEETS AND RESOURCES

Be Connected

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