

Fighting Depression Scorecard

Objective

To fight your depression on a daily basis.

You Should Know

Depression is a disease and like any disease, you have to fight it.

And you need to do whatever you can to win!

As you know, a mild illness like the common cold does not need that much attention. If you drink fluids and rest you will likely feel better in a few days. But a life-threatening disease, like cancer, takes all the strength you can muster and every known medical treatment you can find.

If you are deeply depressed, you need to bring everything you can to fight your depression. Your depression is a life-threatening disease!

Can you fight your depression? The following scorecard will help. The scorecard lists 10 activities that are known to fight depression. Some psychologists speculate that these activities can literally change your brain, producing the biochemicals associated with a better mood (serotonin, dopamine, and endorphins).

What to Do

Use the scorecard to keep track of your efforts in fighting your depression. Make at least 30 copies of this page. Use this scorecard every day and see if you can get a score of 8 or more. You get 1 point for each item you check.

We know this is hard! This worksheet will be most helpful if you share your daily scorecard with a friend or relative who is supportive and encouraging.

FIGHTING DEPRESSION SCORECARD

1. _____ Talk to a friend or relative for at least 15 minutes.
2. _____ Do a pleasurable activity (listen to music, read a book, engage in a hobby, etc.) for at least 30 minutes.
3. _____ Take a walk or do some other form of exercise for at least 20 minutes.
4. _____ Do a random act of kindness.
5. _____ Laugh. Find anything (an Internet site, a show, a cartoon) that makes you laugh.
6. _____ Show self-compassion by simply writing down a supportive statement about yourself (e.g., "I give myself credit for trying.").
7. _____ Do something *productive* you are really good at (e.g., fixing something, cleaning your home, helping someone out, etc.).
8. _____ Tell someone what you need. It doesn't matter how big or how small.
9. _____ Practice deep breathing (or meditation) for 10 minutes or more.
10. _____ Identify three good things that happened in your day.

Daily Score: _____

Notes:

Use the following chart to keep track of your 'Fighting Depression' score and your mood for one month.

Rate your mood on a 10-point scale, where 1 = Extremely depressed to 10 = Feeling very good about my life.

Day	Score	Mood Rating	Comments/Thoughts
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
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31			

Reflections on this Exercise

What obstacles did you encounter in doing things to fight your depression?

What did you do to “bounce back” from bad days (low scores)?

Did you see any trends in your behavior or your mood?

What are other factors that influence your depression?

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Is there anything in particular you learned from this exercise?
