

### Step 1. Talk about...

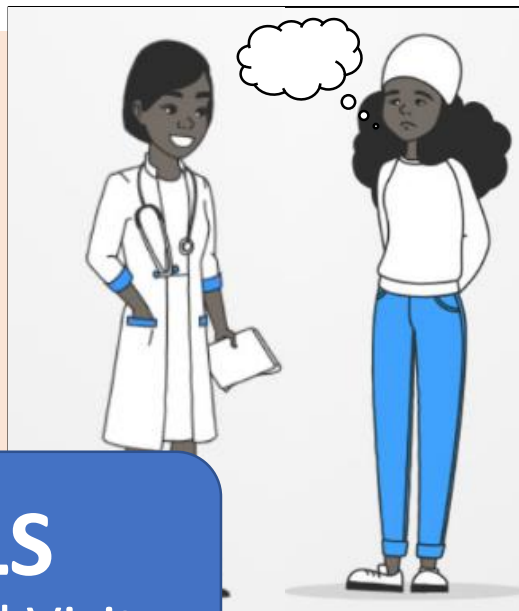
*Sadness, anxiety, emptiness, hopelessness*

### Step 2. Discuss...

*Energy levels, sleep habits, gut issues*

### Step 3. Be up front on...

*Family members, life changes, substance use*



## GOALS

### Next Clinical Visit



### Step 4. Set a family/friend goal

*At least one positive interaction per week*

### Step 5. Set a self-care goal

*Could include exercise, saying no, positive talk*

### Step 6. Set a hobby goal

*Get back to what you like and enjoy doing it*

### IMPORTANT

- **Depression can be effectively treated and managed with a combination of...**
  - Medication and/or devices.
  - Psychotherapy and positive self-talk.
  - Lifestyle changes like a healthy diet, exercise, and regular sleep.
- **Treatment Plan**
  - Closely monitor effectiveness.
  - Expect gradual improvements in mood... not immediate.
  - Change plan based on need (Evolving Plan).
- **Communication**
  - Practice shared decision-making: This is when you and your clinician form a plan together based on science and your preferences.