

Taking Control of Your Depression

Depression looks different for everyone. Recognizing what you need to take care of your well-being is the first step in taking action.



IDENTIFY THE SIGNS

Look for the warning signs and triggers that impact your well-being including lifestyle, behavioural, and emotional changes that occur when depressed.



MAKE A PLAN

Once you recognize your triggers, make a plan to address how to tackle difficult situations and build healthier coping skills to reduce overwhelm.



CREATE A TOOLBOX

Explore different activities you can do that help to regulate your emotions. When you notice your warning signs, go through your "toolkit" to help cope.



CIRCLE OF SUPPORT

Seeking outside help with people you trust including friends, family, and professionals can help you plan ahead in managing your symptoms.



CHECKING IN

The tools you use can change over time according to your needs. Check in with yourself and make changes to your plan when necessary.



 One Healing Space

Source:

<https://www.heretohelp.bc.ca/infosheet/preventing-relapse-of-depression>