

Activity Diary

<i>Date:</i>		Mood/Emotion
Time	Activity	Rate intensity of mood (0–100%)
7am – 9am		
9am – 11am		
11am – 1pm		
1pm – 3pm		
3pm – 5pm		
5pm – 7pm		
7pm – 9pm		
9pm – 11pm		

How Are You Feeling?

After you've tried a majority of the tips in this book, over a period of 30 days or more, track your progress using the self-assessment below. Use the fill-in lines to compare your symptoms to how you felt when you began using the tips.

Symptoms of Clinical Depression

Self-Assessment

Date: _____

Yes No

Do you feel depressed or sad for most of the day, or every day?

Have you lost interest in all or almost all of the activities you used to enjoy?

Have you lost or gained a significant amount of weight, or has your appetite changed dramatically?

Do you often have trouble sleeping, or do you sleep all the time?

Do you feel restless or agitated frequently?

Is your energy level low and/or do you feel fatigued?

Do you have feelings of inadequacy, loss of self-esteem, and/or do you put yourself down?

Do you have trouble concentrating, paying attention, or thinking clearly?

Do you have recurring thoughts of death or suicide or sometimes wish you were dead?

Suggested Schedules

Below are 3 suggested schedules of how to incorporate the tips easily into your daily life. Feel free to create your own routine or try one of these. Soon they will become new positive uplifting habits. You may want to try these schedules with a friend and share your success at the end of the day.

Suggested Schedule #1

1. Wake up at a set time. (Tip #37)
2. Eat a good breakfast with eggs and meat or whole-grain cereal with milk and fruit. Eat mindfully. (Tip #40, 41, 42, 43)
3. Complete the Smile Exercise. (Tip #13)
4. Go about your usual day (commute, work, errands, etc.) while using the Rubber Band Technique to work on negative thinking patterns. (Tip #14)
5. Get outside for a walk at lunchtime or in the afternoon. If inclined, exercise or do yoga instead. (Tip #9, 45, 46, 47)
6. Have a good dinner, preferably vegetables with salmon or red meat. (Tip #39, 40)
7. Complete the Gratitude Exercise. (Tip #31)
8. Go to bed at a set time. (Tip #37)

Suggested Schedule #2

1. Wake up at set time. (Tip #37)
2. Do the Gratitude Exercise while going about morning routine. (Tip #31)
3. Take Vitamin B. (Tip # 41)
4. Throughout the day, do the Thought Stopping Technique. (Tip #23)
5. Use Tapping To Calm You when needed throughout day. (Tip #5)
6. Go outside for a walk at lunch. (Tip #9, 46)
7. Call a friend when you get home. (Tip #12)
8. Take a calcium supplement before bed. (Tip #38)
9. Reframe your depressed thinking while in bed with a journal. (Tip #19)
10. Do breathing exercises before bed. (Tip #1 or 35)

Suggested Schedule #3

1. Wake up at set time. (Tip #37).
2. Use SAD lamp. (Tip #44)
3. Take bach flower remedy. (Tip #50)
4. Take vitamins (vitamin b and omega 3). (Tip # 41, 42)
5. Go for a walk. (Tip #9, 46)
6. Practice thought stopping. (Tip #23)
7. Practice changing focus throughout day. (Tip #22)
8. Go for acupuncture. (Tip #48)
9. Reflect on your day. (Tip #28)
10. Take a calcium supplement before bed. (Tip #38)
11. Create a bedtime routine (take a bath, listen to music, read, use aromatherapy). (Tip #37, 49).