Depression Care Steps

Act first, mood follows. Small steps, kind reviews, safety always.

Name: _____ **Date:** _____

1. Safety first

Suicidal thoughts? Get help now.

2. Assess

Measure mood. Check medical care.

3. Low mood cycle

How doing less keeps mood low.

4. Log it

Activity and mood, a few days.

5. Values

What matters that has slipped.

6. Schedule

Small actions: day, time, place.

7. Thoughts

Catch, check and balance one.

8. Body basics

Sleep, meals, light, kind words.

9. Review

Keep what helps. Plan for dips.

What depression worksheets are and are not

Skill practice pages, best used with a clinician who can check safety.

Is Practical skills practice	Logs, small actions, values, reviews
Is not Not a treatment by itself	A diagnosis, a cure, a crisis plan
Care Refer when more help is needed	Therapy, prescriber, primary care

Skill practice aid only. Does not diagnose or treat depression.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Not affiliated with NIMH, NICE or any author on the guide page.

Original layout by Lotus & Tulip, based on published depression and behavioral activation research. Not therapy.

My Activity and Values Plan

Notice the cycle, choose what matters, schedule small steps.

Name: _____ **Date:** _____

My low mood cycle and values

When mood drops, I stop doing: _____

Instead I tend to: _____

A value that has slipped: _____

One small step toward it: _____

My week: small scheduled actions

Pleasant action (day, time, place): _____

Achievement action (day, time): _____

Connection action (who, when): _____

If it gets hard, my smaller step: _____

Person I will tell about my plan: _____

Routine anchors, kind words, warning signs

My wake time and morning step: _____

Meals, movement, daylight: _____

My kind phrase for hard days: _____

A thought I want to check: _____

My early warning signs: _____

If I notice them, I will: _____

Clinician or support to call: _____

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Notes and what I want to try next:

_____

_____

_____

_____

_____

_____

_____

_____

Original layout by Lotus & Tulip, based on published depression and behavioral activation research. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/depression-worksheets.html

Mood and Activity Log

What I did, mood before and after. Data, not judgment.

Name: _____ **Date:** _____

Day	Activity	Mood before	Mood after	Notes / what I learned
1				
2				
3				
4				
5				
6				
7				

Low mood pocket cards (cut out)

Act first Mood can follow action	**Tiny step** What is 2 minutes of it?	**Outside** Daylight, 10 minutes
Reach out Text one person today	**Check it** Thought or fact?	**Values** Small step, what matters
Redirect Stop the replay, move	**Kind voice** Low mood, not lazy	**Safety** 988 · HOME 741741 · 911

Not a treatment. Medication questions go to your prescriber. In danger: 988 or 911.

What helped this week (big or small):

Original layout by Lotus & Tulip, based on published depression and behavioral activation research. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/depression-worksheets.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Depression and Behavioral Activation Worksheets for Therapists

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607328229 | instant digital download

See every page first: lotustulip.com/depression-and-behavioral-activation-worksheets.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.