

# Mood and Your Health

Name \_\_\_\_\_

Date \_\_\_\_\_

- Be physically active
- Eat a healthy diet

- Spend time with people who support you
- Find ways to relax

- Take medications as prescribed
- Make time for things you enjoy every day

## Green Zone: All Clear



### What this could mean:

- If you:
- ✓ Feel positive
  - ✓ Have a good appetite
  - ✓ Sleep well
  - ✓ Take medications as prescribed

- ✓ Your symptoms are under control
- ✓ Continue to take your medications as ordered
- ✓ Keep all physician appointments

## Yellow Zone: Caution



### What this could mean:

#### If you have any of the following:

- ✓ Decreased interest or joy in doing things
- ✓ Feel down, blue, sad, or hopeless
- ✓ Difficulty sleeping
- ✓ Increased or decreased appetite
- ✓ Difficulty concentrating
- ✓ Decreased energy/feel fatigued
- ✓ Changes in your mood

#### If taking medication for depression and have:

- ✓ Dry mouth
- ✓ Diarrhea or constipation
- ✓ Headaches
- ✓ Nausea and/or vomiting
- ✓ Restlessness
- ✓ Weight gain

- ✓ You may have low mood or depression
- ✓ You may need treatment/medications or changes in your current treatment/medications
- ✓ You could be having a side effect to your medication

#### **Call your primary provider or mental health worker:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

***If you notice a Yellow Zone Caution, work closely with your healthcare team***

## Red Zone: Medical Alert! Stop and Think



### What this could mean:

- If you:
- ✓ Feel hopeless, helpless, overwhelmed, are unable to get out of bed or are unable to sleep
  - ✓ Have stopped taking medications or are missing doctor or mental health appointments
  - ✓ Have thoughts of death or feel like harming yourself or others

- ✓ ***You need to be evaluated by a healthcare professional immediately***
- ✓ ***Call 9-1-1***
- ✓ ***Notify your healthcare provider's office***