



ANXIETY AND DEPRESSION ACTION PLANS

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CAROLINA PEDIATRICS






LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH



YOUR ANXIETY ACTION PLAN

Name: _____

Effective Date: _____

	SYMPTOMS:	ACTION:
 <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Prevention</div>	<ul style="list-style-type: none"> - Sleeping and eating well - Feeling good about myself and others - Enjoying my daily activities - Able to identify my stressors and handle them well 	<ul style="list-style-type: none"> • Continue to get a good night's rest • Healthy diet and regular exercise • Participate in enjoyable activities • If prescribed medications, continue to take them regularly • If seeing a counselor, be sure to continue appointments regularly • Practice relaxation and mindfulness (deep breathing, guided imagery, journaling, progressive muscle relaxation)
 <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Feeling anxious</div>	<ul style="list-style-type: none"> - Having some trouble sleeping - Decreased appetite - Having anxious feelings more than normal - Having trouble enjoying my daily activities - Letting my stressors get to me and affect my daily life 	<ul style="list-style-type: none"> • Increase relaxation and mindfulness techniques listed above • Can try lotion to massage one's hands or a stress ball to squeeze • Distract your mind with mental exercises such as counting backwards • Consider phone apps or websites for help (several listed on our resource sheet) • Reach out to loved ones, family and friends to talk to about how you are feeling
 <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">More anxious, feeling panic</div>	<ul style="list-style-type: none"> - Not sleeping at night - Not eating - Having scary thoughts about hurting myself or others - Staying away from friends and family members - Uninterested in my usual activities 	<ul style="list-style-type: none"> • Repeat yellow level activities • Take medication if prescribed • Continue counseling • Contact identified adult or loved one • Call a number below <p>Emergency Contacts:</p> <ol style="list-style-type: none"> 1. Emergency Services- 911 2. Carolina Pediatrics- (803)256-0531 3. Suicide Lifeline- 988 4. Suicide Text Line – Text "HOME" to 741741 5. CCRI – 833-364-2274

My Counselor is _____ Phone Number _____

My medication is _____



Prevention

- Sleeping and eating well
- Feeling good about myself and others
- Enjoying my daily activities
- Able to identify my stressors and handle them well

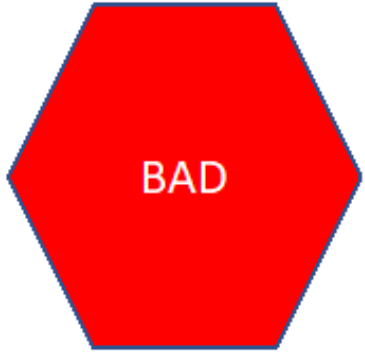
- Continue to get a good night's rest
- Healthy diet and regular exercise
- Participate in enjoyable activities
- If prescribed medications, continue to take them regularly
- If seeing a counselor, be sure to continue appointments regularly
- Practice relaxation and mindfulness (deep breathing, guided imagery, journaling, progressive muscle relaxation)



Feeling
anxious

- Having some trouble sleeping
- Decreased appetite
- Having anxious feelings more than normal
- Having trouble enjoying my daily activities
- Letting my stressors get to me and affect my daily life

- Increase relaxation and mindfulness techniques listed above
- Can try lotion to massage one's hands or a stress ball to squeeze
- Distract your mind with mental exercises such as counting backwards
- Consider phone apps or websites for help (several listed on our resource sheet)
- Reach out to loved ones, family and friends to talk to about how you are feeling



More anxious,
feeling panic

- Not sleeping at night
- Not eating
- Having scary thoughts about hurting myself or others
- Staying away from friends and family members
- Uninterested in my usual activities

- Repeat yellow level activities
- Take medication if prescribed
- Continue counseling
- Contact identified adult or loved one
- Call a number below

Emergency Contacts:

1. Emergency Services- 911
2. Carolina Pediatrics- (803)256-0531
3. Suicide LifeLine- 988
4. Suicide Text Line – Text “HOME” to 741741
5. CCRI – 833-364-2274

My Counselor is _____



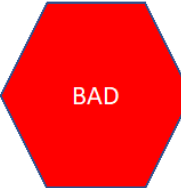
Phone Number _____

My medication is _____

YOUR DEPRESSION ACTION PLAN

Name:

Effective Date:

	SYMPTOMS:	ACTION:
 <p>GOOD</p> <p>Prevention</p>	<ul style="list-style-type: none"> - Sleeping and eating well - Feeling good about myself and others - Enjoying my daily activities - Having a positive attitude - Able to talk with my friends and family 	<ul style="list-style-type: none"> • Continue to get a good night's rest • Healthy diet and regular exercise • Increase enjoyable activities • If prescribed medications, continue to take them regularly • If seeing a counselor, be sure to continue appointments regularly • Practice relaxation and mindfulness • Keep a positive attitude • Talk with a loved or trusted family member regularly
 <p>OKAY</p> <p>Feeling down</p>	<ul style="list-style-type: none"> - Having some trouble sleeping - Decreased appetite - Not feeling as good as I normally do - Having trouble enjoying my daily activities - Don't feel as comfortable talking about it 	<ul style="list-style-type: none"> • Repeat green level activities • Be sure to get into a steady routine • Set goals for yourself to achieve throughout each day • Increase water intake • Learn to curb negative thinking, practice positive thoughts • Keep up with little things such as household chores in order to enjoy daily activities
 <p>BAD</p> <p>More depressed, feeling sad</p>	<ul style="list-style-type: none"> - Not sleeping at night - Not eating - Having scary thoughts about hurting myself or others - Uninterested in my usual activities - Staying away from friends and family 	<ul style="list-style-type: none"> • Repeat yellow level activities • Take medication if prescribed • More frequent counseling • Contact identified adult or loved one • Call a number below <p>Emergency Contacts:</p> <ol style="list-style-type: none"> 1. Emergency Services- 911 2. Carolina Pediatrics- (803) 256-0531 3. Suicide LifeLine- 988 4. Suicide Text Line- Text "HOME" to 741741 5. CCRI – 833-364-2274







A close-up photograph of a young child with curly hair, looking down with a calm expression. The child is wearing a white shirt. The background is a soft, light color. The text is overlaid on the bottom left of the image.

**Calming Your Child's
Fight, Flight or Freeze
Response**

How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Believe them and in them



Teach them how to be safe



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



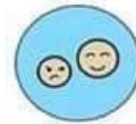
Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries

Special Thanks To
Tiffany Thompson
and Emily Likins

