

Daily Mood Action Plan



Each day, check in with yourself and think about how you're feeling. Then, follow the appropriate action plan below.

How are you feeling today?

<ul style="list-style-type: none"> • I have energy to do things. • I can handle things that cause me stress. • I'm feeling good and enjoying today's activities. 	<ul style="list-style-type: none"> • I feel tired and don't have the energy to do the things I normally do. • I feel irritable or easily angered. • The activities I usually enjoy are not making me feel happy. • I'm having trouble sleeping or sleeping more often. • I feel overwhelmed by life. 	<ul style="list-style-type: none"> • I feel like a burden to others. • I'm feeling hopeless about the future. • I'm having thoughts of hurting myself or others.
<p>STATUS: GREEN</p>	<p>STATUS: YELLOW</p>	<p>STATUS: RED</p>
<p>You're having a green day! You're feeling good. Your symptoms are well controlled.</p>	<p>You're having a yellow day. If after 2 weeks, most of your days are yellow and your "action plan" isn't helping you feel better, call your doctor or therapist to schedule an appointment.</p>	<p>You're having a red day. Your symptoms show you are at risk. You must follow your "red day" action plan immediately to keep yourself safe.</p>
<p>GREEN DAY ACTION PLAN</p>	<p>YELLOW DAY ACTION PLAN</p>	<p>RED DAY ACTION PLAN</p>
<p><i>(Choose at least 3. Complete all tasks with a check mark.)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Move your body; be active. <input type="checkbox"/> Get a good night's sleep. <input type="checkbox"/> Spend time with friends and/or family. <input type="checkbox"/> Keep up your daily routine (like showering, brushing teeth, going to school/work). <hr/> <p><i>(For completion by doctor.)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Continue taking your medication(s) as prescribed. <input type="checkbox"/> Attend your therapy appointments as scheduled. 	<p><i>(Complete all tasks with a check mark.)</i></p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Continue your "Green Day" activities. <p>Do something you enjoy, like: <i>(Choose 2.)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Examples:</p> <ul style="list-style-type: none"> • Watch a funny video • Hang out with a friend • Dance • Go outside • Listen to music • Draw • Journal • Use an app listed on reverse side <hr/> <p><i>(For completion by doctor.)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Continue taking your medication(s) as prescribed. <input type="checkbox"/> Attend your therapy appointments as scheduled. 	<p><i>(Choose at least 1. Complete all tasks with a check mark.)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Call 988 for immediate confidential support. <input type="checkbox"/> Tell a trusted adult (parent, therapist or teacher) about your feelings. <input type="checkbox"/> Call your therapist or doctor immediately. <input type="checkbox"/> Call the Psychiatric Intake Response Center (513-636-4124). <hr/> <p>If you have harmed yourself, have an immediate plan to harm yourself, or have a suicide plan and are in danger, call 911 or go to the closest Emergency Department.</p>

Doctor: _____
name & phone number

Therapist: _____
name & phone number

Mobile Apps to Help Your Mood

FOR HELP WITH SLEEP



CBT-i Coach
US Department of Veterans Affairs (VA)

CBT-i Coach teaches ways to improve sleep, like how to create positive sleep routines, and how to improve the sleep environment.



White Noise Lite
Sounds to Relax & Sleep Better

The White Noise Lite app gives a variety of white noise sounds that help block distractions to make sleep easier.



Calm
Calm.com: Sleep, Meditation, Relaxation

The Calm app gives guided meditations for anyone who needs a mental break, a soothing sound or a good night's sleep.*

FOR HELP WITH CALMING



Breathe2Relax
Defense Health Agency

The Breathe2Relax app is a stress management tool that guides the user through breathing exercises.



Breathe: Relax & Focus
Havabee

The Breathe app gives guided breathing exercises to help relax. The app also allows users to create their own custom breathing patterns.*

FOR HELP WITH NOT HURTING YOURSELF



Calm Harm – Manage Self-Harm
stem4: Track & Resist Self-Harm Urges

The Calm Harm mobile app gives users strategies to avoid self-harm behaviors. Users can explore underlying triggers, build a “safety net” of helpful thoughts and behaviors and find supportive people. The app also gives users the chance to journal and self-reflect.

FOR HELP WITH MEDITATION



Calm
Calm.com: Sleep, Meditation, Relaxation

The Calm app gives guided meditations for anyone who needs a mental break, a soothing sound or a good night's sleep.*



Sanvello: Anxiety & Depression
Sanvello Health Inc.

Sanvello helps users who are feeling anxious, lonely, overwhelmed or burned out. The app includes coping techniques, meditations, and goal and mood tracking to help users feel better.*

Note: Apps are free for Apple & Android.

**A fee may be required to access special content or features inside the app.*