

BOOK NUMBER



my path

TRACKING MY PROGRESS, DAY BY DAY

The road to recovery

You are not alone

It's important to realize that you are not alone with depression. The fact is that one in ten Canadians will experience a bout of depression at some point during their lifetime. As you know, it's not about feeling sad for a few days, and it's certainly not a sign of personal weakness.

Seeking treatment is an important first step on the road to recovery

Depression can be treated in a variety of ways—you may be taking an antidepressant, as well as going to counselling or therapy. However, regardless of the type of treatment that you receive, it is important to note that depression can and often does recur over time.

Track your progress

Take an active role in managing your treatment. An important first step is to track your progress. The pages that follow in this booklet provide you with an easy-to-use tool for keeping track of your symptoms on a daily basis. Make sure to share this information with your doctor during your next appointment.

Treatment is about more than just *feeling* better. It's also about *doing* better.

Goals of treatment

The immediate goal of treatment is to get rid of your depressive symptoms.

The long-term goal of treatment is to prevent the return or recurrence of your depressive symptoms.

Remember: treatment is about more than just *feeling* better. It's also about *doing* better. Getting back to the activities you enjoy, and participating in the social activities and interactions you did before your depression are important signs that you are getting better.

The importance of getting rid of all of your symptoms is something that should not be overlooked. Lingering symptoms are associated with several negative consequences including an increased risk of relapse or recurrence, an increased likelihood that your depression may become more severe and more chronic in nature, a poorer quality of life, all of which make you more dependent on health-related services.

Taking Control of Your Depression

Your attitude and willingness to take control of the management of your depression can go a long way in helping you to get better and stay better.

Be patient

It is important to remember that you have to give any treatment some time to start working. If you are taking an antidepressant prescribed for you by your doctor, it may take anywhere from two to four weeks (or longer) before you begin to feel better and notice results.

Stick with your medication! Monitor your progress, and don't be afraid to ask your doctor questions or speak with him or her about any concerns you might have about your treatment. The hope is that your efforts will be rewarded, and in no time you will be back enjoying the things you used to.

Embrace a healthy lifestyle

Embracing a healthy lifestyle by eating well and staying active can help reduce the risk that your depressive symptoms will return or recur. Additional benefits include better overall health, looking and feeling better, and having more energy.

Build up your activity level over time. You may want to consult your doctor before starting an exercise program.

Try to be active every day

Canada's Physical Activity Guide recommends adults participate in 30 to 60 minutes of moderate physical activity each day. If you don't have time to fit this in all at once, you can divide your activities into 10-minute periods throughout the day.

There are countless activities you can choose to do—try walking, hiking, bicycling, or swimming. The important thing is to find something you enjoy. And remember, flexibility and relaxation activities such as yoga, stretching, and meditation can offer additional benefits to any regular activity program.

Start slowly and build up your activity level over time. You may want to consult your doctor before starting an exercise program.

Set Goals and Work to Achieve Them

Use the spaces below to jot down a few simple goals to help you manage your depression and to discuss them with your doctor. **Remember:** start small—with each step, you are taking a more active role in your treatment.

REACH OUT

It can be difficult managing depression on your own. Connect with people who are important to you. **Start small:** have lunch together, phone them, or send them an email.

I want to reach out to:

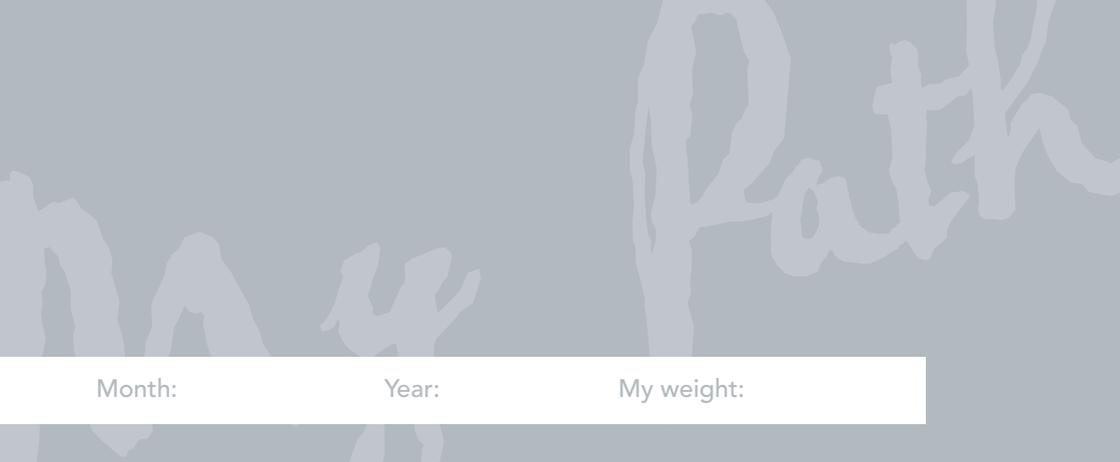
TRY AN ACTIVITY

Think about something you used to enjoy and make it your goal to do it again. Consider bringing a friend or family member along with you.

I really enjoy:

HEALTHY DIET

A healthy food habit I want to adopt is:



Month: _____

Year: _____

My weight: _____

List all medications you are currently taking (including non-prescription medications):

Week of: _____

(Starting on the Monday of that week)

At the end of each day, check all the circles that apply to you throughout the day.

I am...	MON	TUES	WED	THUR	FRI	SAT	SUN
• Sad	<input type="radio"/>						
• Worried	<input type="radio"/>						
• Overwhelmed	<input type="radio"/>						
• Having difficulty concentrating	<input type="radio"/>						
• Less interested in things I used to enjoy	<input type="radio"/>						
• Irritable	<input type="radio"/>						
• Tense, anxious	<input type="radio"/>						

I'm experiencing...	MON	TUES	WED	THUR	FRI	SAT	SUN
• Digestive issues, stomach pains	<input type="radio"/>						
• Headaches	<input type="radio"/>						
• Low energy	<input type="radio"/>						
• Fatigue	<input type="radio"/>						
• Unexplained aches and pains	<input type="radio"/>						

Check the days where the following has occurred.

	MON	TUES	WED	THUR	FRI	SAT	SUN
Did you take your antidepressant medication today?	<input type="radio"/>						
Were you physically active today?	<input type="radio"/>						
Did you eat well today?	<input type="radio"/>						
Menstrual cycle	<input type="radio"/>						
Alcohol consumed (number of drinks)	<input type="checkbox"/>						
Hours slept – day	<input type="checkbox"/>						
Hours slept – night	<input type="checkbox"/>						

Complete the following section at the end of the week (Sunday)

Have you found that your symptoms have interfered with your ability to take part in or carry out any of the following:

	YES	NO
Social activities	<input type="radio"/>	<input type="radio"/>
Family activities	<input type="radio"/>	<input type="radio"/>
Responsibilities in the home	<input type="radio"/>	<input type="radio"/>
Work activities	<input type="radio"/>	<input type="radio"/>

Positive events that have happened this week:

How these events made me feel:

Negative events that have happened this week:

How these events made me feel:

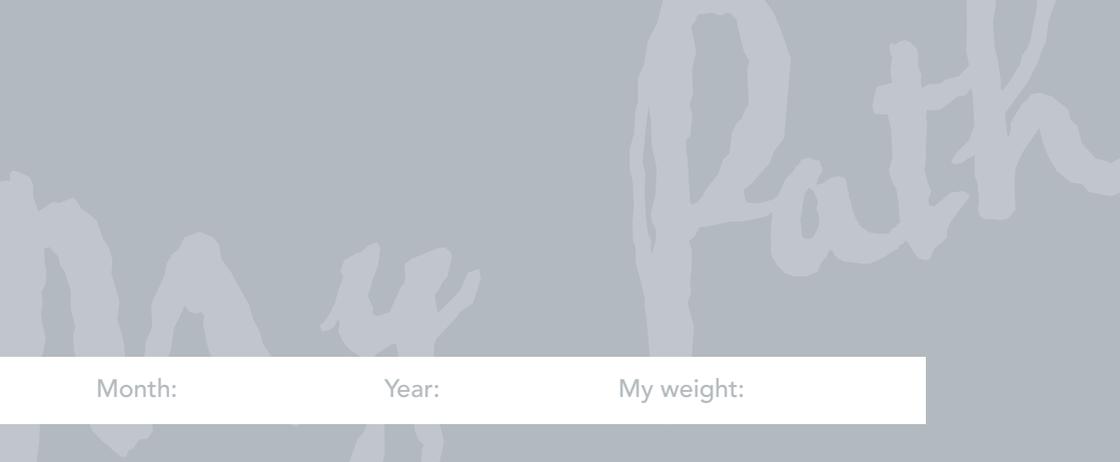
If you're having thoughts about death or suicide, here are some resources for immediate help:

- Call your healthcare provider
- Go to the emergency room
- Call 911

Call your healthcare provider: _____

Call a friend: _____

Make sure to bring your completed diaries with you to your doctor's appointment.



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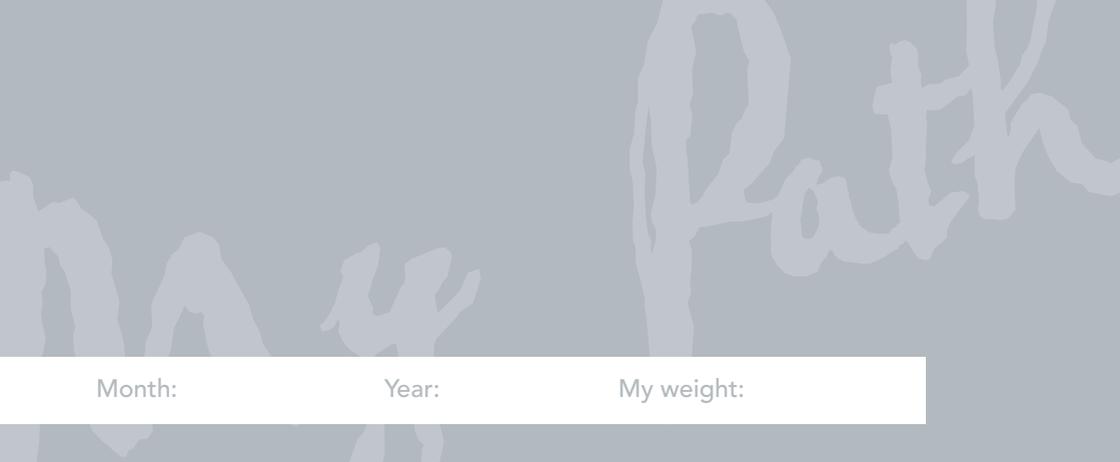
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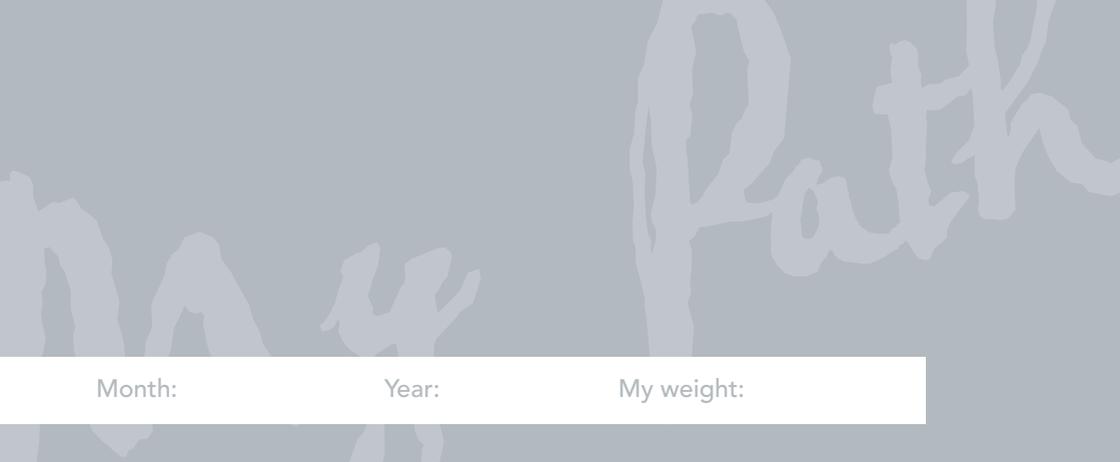
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Make the Most of Your Time with Your Doctor

The meetings you have with your doctor are an important part of your treatment. Bring this booklet with you to your appointment, and discuss it with your doctor to make the most of the time.

If you think you will need more time than a regular appointment will allow, ask your doctor or the receptionist about scheduling another appointment, or scheduling more time for your appointment.

Don't be afraid to ask questions. Use this space to write down questions and thoughts to discuss at your next visit.

Things I want to ask my doctor:

Questions I don't know who to ask:

Things I want to do but can't:

Things I can do now/goals I was able to achieve:

Side effects that are bothering me:

Next scheduled doctor's appointment:

Visit the following websites for more information about depression and its management.

DepressionHurts.ca

www.depressionhurts.ca

An online resource for people with depression.

Canadian Mental Health Association

www.cmha.ca

The Canadian Mental Health Association is a nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

Canadian Psychiatric Association

www.cpa-apc.org

The Canadian Psychiatric Association (CPA) is the national voluntary professional association for Canada's 4,000 psychiatrists. Its mission is to advocate for the professional needs of its members and promote excellence in education, research, and clinical practice.

National Network for Mental Health

www.nnmh.ca

The purpose of the National Network for Mental Health, which is run by and for mental health consumer/survivors, is to advocate, educate and provide expertise and resources that benefit the Canadian consumer/survivor community.

Mood Disorders Society of Canada

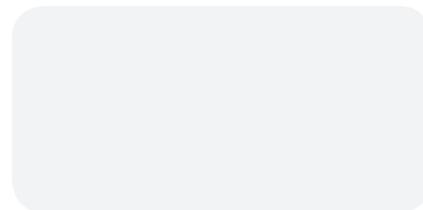
www.mooddisorderscanada.ca

The Mood Disorders Society of Canada (MDSC) is a national, not for profit, consumer driven, voluntary health charity committed to ensuring that the voices of consumers, family members and caregivers are heard on issues relating to mental health and mental illness; and in particular with regard to depression, bipolar illness and other associated mood disorders.

www.revivre.org (French only)

Revivre is a national organization that brings together expertise and resources to provide adequate and effective support to people with anxiety disorders, depression or bipolar, and their relatives, as well as healthcare professionals, and community organizations.

Other useful websites:



1. Patten SB, Kennedy SH, Lam RW, et al. for the CANMAT Depression Work Group. Canadian Network for Mood and Anxiety Treatment (CANMAT). Clinical guidelines for the management of major depressive disorder in adults: I. Classification, burden and principles of management. *J Affect Disord* 2009;117:S5–S14.
2. Kennedy SH, Lam RW, Nutt DJ and Thase ME. Treating depression effectively: applying clinical guidelines. 2nd ed. London; 2007 Informa UK Ltd. Chapter 2, Principles of management; p.9–28.
3. Lam RW, Kennedy SH, Grigoriadis S, et al. for the CANMAT Depression Work Group. Canadian Network for Mood and Anxiety Treatment (CANMAT). Clinical guidelines for the management of major depressive disorder in adults: III. Pharmacotherapy. *J Affect Disord* 2009;117:S26–S43.
4. Health Canada. Canada's Food Guide. http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf, accessed August 8, 2011.
5. Canadian Network for Mood and Anxiety Treatments (CANMAT). 7-item Hamilton Rating Scale for Depression. <http://www.tracii.ca/documents/article/6/HAMD%20Rating%20Scale%20for%20Depression.pdf>, accessed August 8, 2011.
6. Kroenke K, Spitzer RL and Williams JB. The PHQ-9: Validity of brief depression severity measure. *J Gen Intern Med* 2001;16:606–613.

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