Exercise: My warning signs

Goal

You learn to recognize your warning signs. With their help, you can notice if your mood begins to decline.

Instructions

Warning signs refer to symptoms that start to appear before a depressive episode. These signs can occur in your thoughts, emotions, and behavior.

Learn to recognize your warning signs so you can act early.

Think about your warning signs and plan for how to respond to them.

1. Changes in thinking

Warning sign: “I start blaming myself.” Plan: Once I notice this thought, I will try to remember to see thoughts as just thoughts and, if necessary, challenge them.

2. Changes in emotions

Warning sign: “I notice that I become easily irritated.” Plan: When I notice this feeling, I will remember to add more relaxing and enjoyable activities to my week.

3. Changes in activity

Warning sign: “I no longer answer my phone and tend to stay at home.” Plan: When I notice this behavior, I will reach out to my loved ones and consciously try not to avoid situations.