

# Mood and Your Health

Name \_\_\_\_\_

Date \_\_\_\_\_

- Be physically active
- Eat a healthy diet

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

- Avoid excessive alcohol and illicit drug use
- Make time for things you enjoy every day



## Green Zone: All Clear

### If you:

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

## What This Could Mean:

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

## Yellow Zone: Caution

### If you have any of the following:

- ✓ Decreased interest or joy in doing things
- ✓ Often feel down, blue, sad, or hopeless
- ✓ Difficulty sleeping or want to sleep all the time
- ✓ Increased or decreased appetite
- ✓ Difficulty concentrating
- ✓ Decreased energy/feel fatigued
- ✓ Excessive energy and feelings of invincibility
- ✓ Feel hopeless, helpless, overwhelmed
- ✓ Feel unable to get out of bed, or are unable to sleep
- ✓ Stopped taking medications or are missing doctor or mental health appointments

### If taking medication and have:

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



## What This Could Mean:

### Act Today! Call VNA

- ✓ Call VNA Home Health: **1800-862-3330**
- ✓ After discharge from home health services on \_\_/\_\_/\_\_ call your doctor or healthcare provider: \_\_\_\_\_  
*(doctor's phone number)*

## Red Zone: Medical Alert! Stop and Think

### If you:

- ✓ Have recurring thoughts of death or feel like harming yourself or others
- ✓ Have done something to hurt yourself or someone else



## What This Could Mean:

- ✓ You should be evaluated by a healthcare professional immediately
- ✓ Call national suicide prevention line: **988 or 1.800.273.8255 (TALK)**
- ✓ Have someone take you to a psychiatric crisis center or the nearest emergency department