

<i>My Best Self</i>	<i>Low</i>	<i>Very Low</i>	<i>Crisis</i>
Mood: Able to manage difficult situations and change	Mood: Tearful in response to stressful situations weekly	Mood: Crying 3-5 times per week, without knowing why	Mood: Crying most of the time
Sleep: sleeping 8 hours a night, going to bed roughly around 10pm and getting up at 6am	Sleep: sleeping 6-7 hours a night, waking up frequently in the night	Sleep: Difficulty sleeping several nights in a row	Sleep: Going for many nights without any sleep whatsoever
Energy: Going to work, exercising 3-4 times per week and seeing friends on the weekends	Energy: Going to work but not having any spare energy for anything else	Energy: Difficulty going to work	Energy: Difficulty getting out of bed
Concentration: Can read, watch films and have conversations	Concentration: Can read and watch films. Difficulty interacting with others.	Concentration: Can watch films but struggle to read anything or talk to people.	Concentration: Really struggle to have the concentration to do most tasks
Appetite: Eating (fairly) healthy meals - 3 x a day	Appetite: Eating lots of junk food, lots of comfort eating but still eating regular meals	Appetite: Eating lots of junk food only but not eating proper meals	Appetite: Not eating meals at all
The future: I want to travel and buy a house	The future: I want to travel and buy a house but no motivation to make these happen	The future: struggling to visualise the future	The future: feeling suicidal and struggling to see the point of life
Actions	Actions	Actions	Actions
Make time to do mindfulness 10 minutes a day	Book a doctor's appointment for within the next two weeks	Book a doctor's appointment for within the next few days	Call or email a friend or family member now to tell them how you feel
Plan my meals	Check I've been taking my antidepressants daily	Call my counsellor and book in an urgent CBT appointment	Get them to book an urgent doctor's appointment
Make regular plans to see friends and family	Speak to a friend, partner or family members about the fact that I'm feeling low	Check I've been taking my antidepressants daily	Get them to check that I have been taking my antidepressants daily at the correct dosage
Maintain a sleep routine	Make more time for myself in the evenings	Speaking to my line manager about taking some time off work to recover	If I have not, ask them to make sure that they get you to take them now
Exercise a few times per week	Try to maintain speaking to friends or family regularly		Stay at your friend's/ family's place until you are feeling better
Take my antidepressant daily	Try gentle exercise or going for a walk daily		Get them to email your line manager that you are unwell and need time off work.
Read a book a few times per week			