**Playbook to Manage the Unhealthy Undercurrent of Chemical Imbalance**

*Mental/Physical Impairment Seed*

**Village Support Plan to help Jessie cope with her depression**

**Who:**

* Jessie, Mom, Mom’s Sister (Helen), Grandma (Mom’s Mother),

**What**:

* Jessie will engage in these activities to combat her depressive symptoms:
  + Jessie will take her medication as prescribed under mom’s supervision
  + Jessie will spend 15 minutes daily writing in her journal
  + Jessie will eat 3 meals a day
  + Jessie will engage in one physical activity a day

**When**:

* All Jessie’s activities to combat her depressive symptoms will be done before bedtime each night and will be checked off the calendar by mom and grandma

**Where**:

* At Home

**How:**

* Mom will administer Jessie’s medication per prescription
* Aunt Helen will buy Jessie a journal that locks for Jessie to write in daily
* Mom and Grandma will provide 3 proper meals a day and Jessie will sit at the dining room table to eat
* Jessie will engage in one physical activity a day (to be chosen by Jessie and supervised/monitored by either mom, grandma or aunt Helen)
* Mom, Grandma and Jessie will check off on the calendar that all Jessie’s daily activities were completed before bed each day
* Each time Jessie accumulates 10 straight days of completing her daily activities, Jessie, mom, grandma and aunt Helen will go out for pizza and a movie (Jessie gets to choose the movie as long as the rating is PG or G)



Physical Activities:

1. Do two sprints to the end of the street
2. Do 25 sit-ups & 25 push-ups
3. Do two sets of 25 jumping jacks
4. Walk around the block 2 times
5. Jump for 20 minutes on the Trampoline
6. Mow the grass

\*\*This list can be added to as long as the activity is physical to increase blood flow through the body. This both treats and prevents depression.