

Depression

WORKSHEETS

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Coping Skills For Depression

- Stay in touch with your loved ones
- Join a depression support group
- Make use of relaxation techniques, such as meditation, deep breathing, mindfulness, progressive muscle relaxation, yoga, etc.
- Go for a walk in nature
- Get some sunlight
- Challenge your negative thoughts and try to replace them with more positive ones
- Make use of positive affirmations
- Minimize technology use
- Declutter your space
- See a counselor
- Choose a pleasant activity to do

LIST OF PLEASURABLE ACTIVITIES

Check the ones you're willing to do, and then add any activities that you can think of

- Talk to a friend on the telephone.
- Text-message or email your friends.
- Call a family member you haven't spoken to in a long time.
- Go out and visit a friend.
- Invite a friend to come visit you.
- Go to a party.
- Exercise.
- Lift weights.
- Do yoga, tai chi, or Pilates, or take classes to learn.
- Dance
- Do stretching exercises.
- Go for a long walk in a park or someplace that's peaceful.
- Go outside and watch the clouds drift by.
- Lie in the sun.
- Feed the birds
- Go jog.
- Ride your bike.
- Go for a swim.
- Go hiking.
- Go to your local playground and join a game being played or watch a game.
- Go ice skating, roller skating/blading
- Go to a sporting event, like a baseball or football game.
- Get out of your house, even if you just sit outside.
- Go for a drive in your car or go for a ride on public transportation.
- Go fishing.

- Get a massage.
- Plan a trip to a place you've never been before.
- Sleep or take a nap.
- Eat chocolate or eat something else you really like.
- Eat your favorite ice cream.
- Cook your favorite dish or meal.
- Cook a recipe that you've never tried before.
- Bake something to share with others (neighbors, friends, family, work colleagues).
- Make jams or preserves.
- Take a cooking class.
- Go out for something to eat.
- Go outside and play with your pet.
- Offer to walk friend's or neighbor's dog.
- Give your pet a bath.
- Watch a funny video on YouTube.
- Watch a funny movie.
- Watch television.
- Listen to the radio.
- Listen to a podcast.
- Play video games.
- Go online to chat.
- Visit your favorite websites.
- Research a topic of interest.
- Create your own website.
- Clear your email inbox.
- Join an Internet dating service.
- Sell something you don't want on the Internet.
- Buy something on the Internet (within your budget).
- Buy gifts for your loved ones (within your budget).
- Write down a positive feedback about a product or a service you liked.
- Do a puzzle with a lot of pieces.
- Call a crisis or suicide hotline if you're feeling suicidal and talk to someone.
- Go shopping.

- Go get a haircut.
- Go to a spa or sauna.
- Go to a library.
- Go to a bookstore and get a new book.
- Go to your favorite café for coffee or tea.
- Visit a museum or local art gallery.
- Go to the opera or ballet.
- Go to the park and watch other people; try to imagine what they're thinking.
- Pray or meditate.
- Go to your church, synagogue, temple, or other place of worship.
- Join a group at your place of worship.
- Volunteer for a cause you support.
- Sign up for a class that excites you at a local college, adult school, or online.
- Learn a new language.
- Sing or learn how to sing.
- Play a musical instrument or learn how to play one.
- Write a song.
- Write a poem.
- Write a short story.
- Read your favorite book, magazine, paper, or poem.
- Draw a picture.
- Paint a picture with a brush or your fingers.
- Flip through old photo albums.
- Listen to some upbeat, happy music (start collecting happy songs for times when you're feeling down).
- Turn on some loud music and dance.
- Make a movie or video with your smartphone.
- Take photographs.
- Join a public-speaking group and write a speech.
- Join a club.
- Plant a garden.
- Work on your car, truck, motorcycle, or bicycle.

- Repair things around the house.
- Knit, crochet, or sew—or learn how to.
- Upcycle or creatively reuse old items.
- Make a scrapbook with pictures.
- Organize your wardrobe.
- Do arts and crafts.
- Paint your nails.
- Change your hair color.
- Take a bubble bath or shower.
- Have a warm drink.
- Write a letter to a friend or family member.
- Write a letter to someone who has made your life better and tell them why. (You don't have to send the letter if you don't want to.)
- Write things you like about yourself on a picture of your body or draw them on a photograph of yourself.
- Write in your journal or diary about what happened to you today.
- Write a loving letter to yourself when you're feeling good and keep it with

you to read when you're feeling upset.

- Make a list of ten things you're good at or that you like about yourself when you're feeling good, and keep it with you to read when you're feeling upset.
- Make a list of the people you admire and want to be like and describe what you admire about these people.
- Create your own list of pleasurable activities.

Other ideas:

Exercise: Challenge Your Negative Thoughts

1. Identify one simple thought that you have noticed either about yourself or someone else.

The thought I want to examine is _____

2. Can you absolutely know it's true?

3. How would you react if you didn't have that thought?

4. Now turn the thought around to its opposite. Write it down.

My opposite thought is _____

5. How would you react when you believe this thought?

6. Which thought— your original or its opposite— feels more truthful? Which one serves you best? Remember, the questions aren't about changing your thoughts but about examining them.

Exercise: Practice Self-Compassion

Think of a recent situation when you've felt pain. It could be a physical injury or an emotional injury. Now, reflect on the following questions:

1. What did you tell yourself about your pain? Was your self-talk nurturing or was it critical? Did you validate your suffering or minimize it?

2. How did you behave toward yourself when you were hurting? Were you able to provide nurturing and validation to yourself?

3. Now, think of a dear friend or a loved one. Place them in the previous scenario, experiencing a similar pain, and reflect on the following questions:

4. What would you say to them? Would your words be nurturing or critical? Would you validate their suffering or would you minimize their pain?

5. Can you tell yourself the same thing about your own pain?

Exercise: Practice Mindfulness

Answer the questions after each task and then consider the final question when you have completed all three.

Mindful awareness to listening (pay attention to all the sounds you hear for one minute):

How many different sounds did you hear?

How would you describe each sound (soft, loud, calm, dissonant, dull, enjoyable, faint, high-pitched, melodic, muffled, musical, deafening, piercing, pleasing, screechy, squeaky, etc.)?

What sounds would have gone unnoticed if you had not paid attention?

Mindful awareness to touch (pay attention to what you experience with your skin, scan your body):

What were the different touch experiences you became aware of?

How would you describe the different textures (boiling, bumpy, cold, cool, cuddly, damp, dirty, dry, feathery, fine, firm, fluffy, furry, grainy, hairy, hard, moist, mushy, rubbery, slick, soggy, spongy, tender, wet, etc.)?

What touch experiences would have gone unnoticed if you had not paid attention?

Mindful awareness to seeing (pay attention to all the sights you see around you):

How many things did you see or notice?

How would you describe the different colors and shapes of the objects you became aware of?

How many of these seen objects would have gone unnoticed if you had not paid attention?
