

Increase Self-Awareness

1. How would you describe depression? (heavy, burdensome, debilitating, melancholic, etc.)

2. Which of the following approaches have you tried? And how helpful were they? Answer on a scale of 1 to 5, with 1 being “not very helpful” and 5 being “extremely helpful.”

Quality Sleep: Relaxing bedtime routine and at least seven hours of sleep.

Rate _____

Physical Movement: At least thirty minutes of continuous exercise per day.

Rate _____

Healthy Diet: Consuming more fruits and vegetables, using appropriate nutritional supplements, reducing processed foods and sugar, etc.

Rate _____

Stress Management: Reflecting on sources of stress in your life and seeking to reduce stress.

Rate _____

Addressing Hidden Addictions: Acknowledging your compulsive behaviors and seeking to overcome them.

Rate _____

Emotional Processing: Addressing difficult emotions, such as anxiety, anger, guilt, fear through counseling, journaling, mindfulness, etc.

Rate _____

Spiritual Practices: Prayer, meditation, involvement in a faith community, etc.

Rate _____

Other approaches _____

3. What has been your most significant challenge related to your depression? (work productivity, attending to household tasks, feeling misunderstood by others, struggling with self-esteem, etc.).

4. Talk with others (friends, family, support groups members, etc.) who have suffered from depression about what has helped them in the past.

The following is a list of support groups for depression

- [Mental Health America \(MHA\)](https://www.inspire.com/groups/mental-health-america/topic/depression/): (https://www.inspire.com/groups/mental-health-america/topic/depression/)
- [Anxiety and Depression Association of America](https://healthunlocked.com/anxiety-depression-support/) (https://healthunlocked.com/anxiety-depression-support/)
- [Depression and Bipolar Support Alliance](https://www.dbsalliance.org/) (https://www.dbsalliance.org/)
- [NAMI Connection](https://nami.org/Support-Education/Support-Groups/NAMI-Connection) (https://nami.org/Support-Education/Support-Groups/NAMI-Connection)
