

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>)

Check-in With Yourself

1. Where do you feel most depressed in your body?

2. What is something that made you feel sad today? Is there something or someone you're grieving?

3. What is making you feel hopeless today and why?

4. What specific emotions do you feel, underneath this depression? Where in my body do you feel it? What do you want to feel there instead?

5. What are your negative thoughts at this moment? What are 3 positive thoughts for each of those negative thoughts you have?

6. What coping mechanisms did you practice today? (Or, what things did you do that made you feel better?)

Reflect

7. Looking back, were there some early signs that you were heading toward depression?

8. What things or events activate or worsen your depression symptoms?

9. Describe your bedtime routine. Is it helpful or harmful for your sleep?

10. When you feel depressed, how do you typically respond?

11. If depression is a messenger, what is it trying to tell you in this moment? (If depression could talk, what would it say?)

12. If depression was an image, what would the image be?

13. What do you think about the statement: “depression is anger turned inward”?

14. If you were to give your depression a human name, what name would you choose and why?

15. Write an open letter to your depression. What would you say to it?

Make a Change

16. What are your goals for the day?

17. What challenges are you facing right now and need to ask for help and support with?

18. When in the past did you feel most alive, hopeful, and safe? What was happening then? What were you doing? Who was there for you?

19. What do you feel are consistent happiness activators in my life? (Things that always make you feel good)

20. What's one thing you could do that will change your life now?

21. What do you need more of in your life? How could you take steps toward that?

22. What do you need less of in your life? How could you take steps toward that?

23. When did you show emotional resilience in the past? What helped you be resilient?

24. What is something you are looking forward to?

25. What is one thing you are curious to try but have not gotten around to it?

26. When was the last time you did something nice for yourself?

27. How can you better take care of yourself emotionally when you're feeling depressed? What worked in the past?

28. What is one self-care practice you can add to your daily routine?

Boost Your Mood

29. What things made you happy today?

30. What are things you are grateful for today?

31. List all of today's achievements, no matter how small.

32. What are your favorite qualities about yourself and why?

33. What are 3 examples of times you've shown strength and resilience?

34. What are 3 things that make you feel at peace?

35. Write about your happiest childhood memory.

36. What was the most beautiful compliment you ever received?

37. What are a few positive things going on in your life right now?

38. If you could have the same dream every night, what would you dream about and why?

39. What are the lessons from today that you want to remember tomorrow?

40. What advice would you give a dear friend about managing depression?

41. What are 5 things worth living for?

42. What would you do if you had more energy?

43. What would your life be like if you didn't have depression?

44. If you could volunteer anywhere, where would you volunteer and why?
How would volunteering help you feel better?

45. Write a love letter to yourself, saying all the comforting things you need to hear.
