DEPRESSION WORKBOOK / BEGIN

Begin where you are

You do not have to earn care by being productive.

Use a little at a time

This workbook offers education and reflection. It is not a diagnosis or a replacement for treatment. Skip prompts, use short answers, and ask for help with the pages if you want.

Today feels like...

Name what feels heavy or missing. A few words or a drawing are enough.

What matters most today?

Choose one need to protect: food, rest, connection, hygiene, safety, or an appointment.

Support is part of the plan

Depression is treatable. You can ask for professional help before things become severe. If you might hurt yourself or cannot stay safe, use immediate human support instead of this workbook.

DEPRESSION WORKBOOK / NOTICE

Notice without grading yourself

Patterns can guide care. They are not a measure of your worth.

What has changed?

Think about energy, sleep, appetite, interest, or connection. What would you want a clinician to know?

When is it a little easier?

Notice a time, place, person, or activity that feels less difficult. If nothing stands out, write “I need help noticing.”

What gets in the way?

Name one barrier, such as pain, cost, loneliness, an overloaded day, or trouble starting.

U.S. crisis support: call or text 988. In immediate danger, call 911.

DEPRESSION WORKBOOK / PRACTICE

A tiny action can count

You can try an action before motivation arrives.

Keep the first step small

Pick a safe activity that offers care, connection, or meaning. A goal could be opening the curtains, washing one cup, or sending a short message. Feeling better right away is not required.

Choose one action

My action is... It will take about... I will start after...

Make it easier

What can you set out, remove, or ask someone to do with you? What is the smallest version?

Notice afterward

Was anything different in your energy, mood, or sense of connection? Keep, change, or pause the plan.

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DEPRESSION WORKBOOK / EXPLORE

Answer the harsh voice

A balanced thought can be believable and kind.

What did my mind say?

Write one harsh thought. Keep it brief rather than repeating it many times.

What else is true?

What context is missing? How would you respond to someone you care about in the same situation?

A steadier sentence

Try: “This is hard, and I can take one supported step.” Write words that feel honest to you.

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DEPRESSION WORKBOOK / PLAN

Build a low-energy day

Your plan can fit the energy you have.

The basics I want to protect

Choose one meal or snack, one rest cue, and one small care task. Ask for practical help if needed.

One point of connection

Who could you message or sit with? Draft a request: “I am having a hard day. Could you...?”

My care step

Name an appointment, refill question, or concern to share with your provider. Do not change medicine on your own.

An unfinished day is still a day

Reduce the list if it adds pressure. Needing support is not a failure.

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DEPRESSION WORKBOOK / CARRY FORWARD

A plan for support

You do not have to carry this alone.

Early signs I need more help

What changes tell you it is time to contact your care team or someone you trust?

My next contact

Who will you reach out to, how, and when? Keep personal contact details in a private place.

If things feel unsafe

If you have thoughts of suicide or urges to hurt yourself, connect with immediate support. In the United States, call or text 988. In immediate danger, contact emergency services.

Read more from trusted sources

NIMH: Depression
https://www.nimh.nih.gov/health/publications/depression

NIMH: Caring for Your Mental Health
https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health

Original reflection exercises by Grace in Healings. For immediate support, visit Our Healing Room / Crisis Support.

U.S. support: call 988 or text 988.