A PAUSE, A PRACTICE, A NEXT STEP

Depression

Support for the days that feel heavy.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Lower the starting point

Choose an action that fits today’s energy: drink water, wash your face, or open the curtains. A small step is still a step.

01 / Notice and reflect

What feels hardest today?

02 / Notice and reflect

What is one step that fits my energy?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek care when symptoms persist, worsen, or interfere with life, especially when they last two weeks or more. You do not have to wait two weeks if symptoms are severe. Thoughts of suicide or urges to hurt yourself need immediate human support.

Read more: NIMH · Depression

More tools and immediate support: Our Healing Room / Crisis Support.