

Think about the most difficult thing in your life up until this point, and write about how you overcame that challenging time.

Write down the feelings that you feel when you are experiencing a depressive episode in list format.

DESCRIBE 3 THINGS IN YOUR LIFE THAT YOU ARE GRATEFUL FOR TODAY, DESPITE FEELING SAD OR ANXIOUS.



When do you feel a sense of peace? Describe where you are, how you are feeling, what you are eating or any activities that you are doing at the time. Consider how you can incorporate those peaceful moments into your life more often.

Reflect on a moment that happened in the last week in which you laughed. What made the moment so funny? How did you feel when you were laughing?

Depression is considered a mental health disorder, but it can have physical side effects. Describe how depression makes you feel physically, and write about how you can conquer those physical symptoms.



WRITE ABOUT WHAT MOTIVATES YOU TO KEEP GOING, EVEN WHEN YOU FEEL LIKE IT'S INCREDIBLY HARD TO MOVE FORWARD.

What is one thing that always makes you feel better? Is this a healthy way of coping with your feelings? Can you identify any other techniques, tools or resources that can help lift you up after a bad day?

Identify three ways you could change your daily routine to help foster a better sense of peace and relaxation.



What are you afraid of? Why are you afraid? Can you think of any ways you can overcome those fears?

Where is your happy place? Describe it in detail and using all of your senses. How often can you visit this space?

WRITE THE LYRICS OF A SONG THAT YOU MOST RELATE TO RIGHT NOW. WHY DO YOU IDENTIFY WITH THOSE LYRICS?



Create a list of the next five destinations you want to visit when traveling. Design a realistic plan for how you can visit all of those places in the next several months or years.

Begin writing about your day in a stream-of-consciousness style. Describe what you did, and how you felt while doing it. You may find that this style of freeform writing helps you to better understand your emotions and how they relate to your daily activities.

DRAFT A LETTER OF FORGIVENESS TO YOURSELF.



If you know what triggers your stress, anxiety or depression, write those triggers down. Evaluate how you can minimize your contact with those triggers.

If you could do anything at all right now, what would you choose to do? Why would you choose to do that?

Describe how you want your friends and loved ones to remember you. Are you living your daily life in a way that will honor your memory?



MAKE A LIST OF YOUR DAILY HIGHS AND LOWS.

Write about your deepest secrets. Why have you kept these things hidden from everyone, including the people who love you the most? Would sharing these secrets relieve you of some of your burdens?

How would you describe your patience? What do you think causes you to lose your patience? What helps you increase your patience with those who surround you?



When do you believe that you began to feel depressed? Why did that moment in your life trigger your depression? Consider if now is the right time to contact a professional who can help.

Think about the last 24-48 hours. Did anyone pay you a compliment? What did they say to you? How did that compliment make you feel?

WHAT DO YOU LOVE MOST ABOUT YOURSELF? MAKE A LIST OF 10 QUALITIES ABOUT YOURSELF THAT YOU ARE PROUD OF.



Write a journal entry in your favorite color.

Describe why you like that color and how it makes you feel.

Think about the last time you smiled. What made you smile?

List at least 5 other things that always make you smile, no matter what.

WHEN YOU ARE IN NEED OF SUPPORT, WHO DO YOU GO TO? DESCRIBE THE PEOPLE WHO SUPPORT YOU THE MOST IN YOUR DAILY LIFE.



Describe your best friend. How did you meet that person? Do you see them frequently? What types of things do you like to do with your best friend? How do you feel when you are with them? How do you stay connected?

What values did your parents or caregivers instill in you throughout your childhood? Do you still live your life by those values?

Keep an activity log for 24 hours. Look for patterns in your activity, and how those patterns may relate to the way that you feel. You may be able to uncover ways to reduce depression and anxiety by changing your activities, such as limiting screen time or increasing your active minutes each day.

