

Depression & Anxiety

Checklist and Worksheet

- 1. DO I TALK ABOUT MY FEELINGS? TO WHOM?

- 2. AM I IN A CONSTANT STATE OF WORRY? WHAT AM I WORRIED ABOUT?

- 3. AM I GIVING POWER TO MY ANXIOUS THOUGHTS?
WHAT WILL I DO TO PUT MY WORRIES INTO PERSPECTIVE?

- 4. IS MY ROUTINE CONTRIBUTING TO MY DEPRESSION OR ANXIETY?
WHAT WILL I CHANGE TO IMPROVE MY HEALTH?

- 5. AM I PLAGUED BY NEGATIVE THOUGHTS?
WHAT WILL I DO TO INTRODUCE POSITIVE THOUGHTS INTO MY LIFE?

- 6. DO I BOTTLE UP MY THOUGHTS AND FEELINGS?
WHAT WILL I DO TO RELEASE THIS PRESSURE?

- 7. DO I FEEL ALONE? WHO CAN I SEEK FOR HELP?