



Depression Management Worksheet

Depression can feel overwhelming, but small steps toward understanding your feelings and developing coping strategies can make a significant difference. This worksheet is designed to help you reflect, identify patterns, and take action toward improved mental health.

Step 1: Understanding Your Feelings

1. How would you describe how you've been feeling recently? (e.g., sad, empty, unmotivated)

- ☐ _____
- ☐ _____

2. How long have you been experiencing these feelings?

- ☐ _____

3. Are there specific times of day or situations when these feelings are stronger?

- ☐ _____

Step 2: Identify Triggers and Patterns

1. Can you identify any events, thoughts, or experiences that seem to trigger your feelings of depression?

- ☐ _____
- ☐ _____

2. Are there activities or people that make you feel better or worse?

- ☐ **Better:** _____
- ☐ **Worse:** _____



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Step 3: Reflect on Your Needs

1. What do you think you need right now to feel supported? (e.g., rest, connection, help from others)

○ _____

2. Are there specific areas of your life where you feel stuck or overwhelmed? (e.g., work, relationships, health)

○ _____

Step 4: Practice Self-Compassion It's easy to be hard on yourself during tough times. Let's practice shifting to a more compassionate mindset.

1. Write down a self-critical thought you've had recently:

○ _____

2. Now, reframe that thought with kindness and understanding:

○ _____

3. Write a positive affirmation or supportive statement to remind yourself:

○ _____

Step 5: Engage in Small Actions When you're feeling low, even small actions can help you feel better.

1. List 3 activities you enjoy or used to enjoy, even if they feel hard to do now:

- Activity 1: _____
- Activity 2: _____
- Activity 3: _____



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2. Choose one activity from the list and commit to doing it this week. Write down the day and time:

- Activity: _____
- Day/Time: _____

Step 6: Build a Support System

1. Who can you talk to about how you're feeling? (e.g., friend, family member, therapist)

○ _____

2. Are there support groups, hotlines, or professionals you can reach out to?

○ _____

3. What steps will you take to ask for support this week?

○ _____

Step 7: Monitor and Reflect

1. How would you rate your mood over the past week on a scale of 1-10 (1 = very low, 10 = very positive)?

○ _____

2. Have you noticed any small improvements or positive moments? What were they?

○ _____

3. What will you do to continue caring for yourself in the coming week?

○ _____



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Additional Tips for Managing Depression

- **Stay physically active, even with small movements like stretching or walking.**
- **Maintain a consistent sleep schedule.**
- **Eat nutritious meals and drink plenty of water.**
- **Practice mindfulness or meditation to calm your mind.**

Closing Thought It's okay to feel what you're feeling, and it's okay to seek help. Small steps add up, and you are not alone on this journey. Keep going—you are worthy of care and healing.