

Depression & My Energy

— *A gentle check-in worksheet* —

Depression can affect energy, motivation, and how your body feels.
Use this page to notice patterns without judging yourself.



My usual energy

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empty

full of energy



My energy during depression

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empty

full of energy



On a scale of 0–5, how much hope do you feel right now?

0

very little hope

1

2

3

4

5

more hopeful
right now



1. When my energy is low, daily tasks that feel hardest are...



2. In my body, depression feels like...



3. What helps me conserve or protect my energy?



4. One gentle step I can take today is...
