

# Working through depression

Working through depression is hard work. This worksheet has been developed to help support you to have some meaningful activity that will improve your mental health and wellbeing. It can help you to review any patterns, such as identifying the day of the week when you achieve all these easily, or an activity that you never miss, or the activity that makes the biggest difference. You can use this in different ways.

- A reminder at the start of the day
- A checklist of what you've achieved at the end of the day
- A reward chart to give yourself a treat

|  | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|--|-----|------|-----|------|-----|-----|-----|
| <p><b>Stop blaming and criticising yourself.</b><br/> <i>Imagine a friend of yours is depressed and you're with them offering kindness and compassion (maybe do this in front of a mirror).</i></p>  |     |      |     |      |     |     |     |
| <p><b>Find and hang on to non-depressed experience and identity.</b> <i>Commit to at least 1 a day.</i><br/> <i>Remember that you are so much more than the depression you're experiencing at this moment. Identify habits that you do when you're beyond depression. Hang on to as many memories and activities that you can.</i></p>   |     |      |     |      |     |     |     |
| <p><b>Push against isolation to connect.</b><br/> <i>A characteristic of depression is to withdraw from or push away others. Isolation discourages recovery from depression. In any way that you can, allow and, or encourage connection. This could be with animals or humans.</i></p>  |     |      |     |      |     |     |     |
| <p><b>Get Moving.</b><br/> <i>Physical activity helps produce new brain cells and synaptic connections. Even though it may seem really tough, like wading through treacle, do as much physical activity as you can. The more out of breath you can get, the better.</i></p>  |     |      |     |      |     |     |     |
| <p><b>Acknowledge how you feel in this moment.</b><br/> <i>Without blame, criticism, or judgement acknowledge all your feelings, we rarely feel just one feeling. Then accept that this is how you're feeling right now. Feelings never last, so we can appreciate those feelings are temporary. And we can allow other feelings, thoughts, memories, dreams and hopes to pepper our time.</i></p> |     |      |     |      |     |     |     |

Adapted from "Out of the Blue" O'Hanlon. Sharon Rooke, Scr Associates 2020©