

Depression Workbook

Depression can be a challenging and overwhelming condition, affecting various aspects of life. Using worksheets as part of your self-help or therapeutic routine can be a powerful tool in managing and alleviating symptoms of depression. **This workbook is designed to address different areas that can contribute to or help manage depression.** By engaging with these worksheets, you can take active steps toward better mental health and well-being. Remember, while worksheets can be highly beneficial, they are most effective when used in conjunction with professional guidance from a therapist or counselor.

Here is a brief introduction to each worksheet included in this package:

Self-Care Inventory

This worksheet will guide you in identifying and implementing activities that nurture your physical, emotional, and mental well-being. By establishing a self-care routine, you can build resilience and improve your overall mood and energy levels.

Cognitive Restructuring

This worksheet helps you identify and challenge these negative thoughts, replacing them with more balanced and positive ones. This exercise can reduce the intensity of depressive symptoms and promote a healthier mindset.

Setting SMART Goals

This worksheet helps you set Specific, Measurable, Achievable, Relevant, and Time-bound goals. This structured approach makes it easier to achieve your objectives and build a sense of accomplishment and progress.

Personal Strengths Inventory

This worksheet guides you in identifying your unique strengths and talents. By focusing on your positive attributes, you can boost your self-esteem and build a foundation for overcoming challenges associated with depression.

Setting Healthy Boundaries

This worksheet helps you identify areas where you need to set or reinforce boundaries and provides strategies for doing so effectively. Healthy boundaries can protect you from stress and improve your relationships and overall well-being.

PLEASE Take Care of Yourself

This worksheet guides you in recognizing the small things you appreciate each day. By making gratitude a regular practice, you can improve your mood, foster positivity, and reduce feelings of hopelessness.

Practicing Gratitude

This worksheet will help you incorporate essential self-care practices—such as getting enough sleep, eating well, and engaging in physical activity—into your routine. By focusing on your physical needs, you can help regulate your mood and build resilience to cope with depression.



Self-Care Inventory

Self-care is any activity that supports your well-being and helps restore balance to your mind and body. For those dealing with depression, self-care can be especially powerful, as even small actions like taking a daily walk can help lift your mood and ease symptoms. Self-care routines aren't one-size-fits-all; it often takes trying different strategies to see what helps you feel more balanced and at ease.

This worksheet is designed to help you explore specific self-care activities that can improve your well-being. You'll rank each activity on a scale from 1-3 to see how well you're currently engaging in these practices. After ranking, "star" any activities you'd like to try more often. The goal of this worksheet is to help you recognize different types of self-care, celebrate what you're already doing well, and find new ways to support your mental health and overall mood.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body's needs, such as stretching when tense or resting when tired.



Self-Care Inventory

1 2 3



Emotional Self-Care: Processing & expressing your emotions.

☐ ☐ ☐
☐

Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.

☐ ☐ ☐
☐

Spending time with friends and family to build support and reduce feelings of isolation.

☐ ☐ ☐
☐

Practicing mindfulness to stay present and manage negative thoughts.

☐ ☐ ☐
☐

Writing down thoughts and feelings to process emotions and gain insights.

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☐

Keeping a gratitude journal or reflecting on things you are thankful for.

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Using positive affirmations to counter negative self-talk and build self-esteem.

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Using music to relax, uplift your mood, or express your emotions.

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☐

Expressing your emotions through art, music, writing, or other creative outlets.

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Set achievable goals and celebrate your progress, no matter how small.

☐ ☐ ☐
☐

Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



Social Self-Care: Fostering & maintaining healthy relationships.

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☐

Spending time with people you like and make you feel good about yourself.

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☐

Asking for help from friends or family when you're feeling down or overwhelmed.

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Learning to say no and establishing boundaries to protect your emotional well-being.

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Participating in support groups to gain insight and emotional support from others.

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Participating in clubs or organizations that align with your interests to meet new people.

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☐

Giving your time to help others in your community to foster connection and purpose.

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☐

Going to social gatherings, parties, or community events to build your social network.

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Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.

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Actively listening when talking with others, which helps strengthen your relationships.

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☐

Scheduling intentional alone time with your romantic partner.



Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

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Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

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Stepping away from work to recharge, through daily short breaks and using vacation time.

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Talking to a supervisor or HR about mental health challenges (if it feels safe).

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Exploring available support options, such as employee assistance programs (EAP).

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Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

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Ensuring your work environment is comfortable and conducive to productivity.

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☐

Establishing achievable work goals and celebrating small accomplishments.

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☐

Being kind to yourself during work and avoiding excessive self-criticism.

☐ ☐ ☐
☐

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

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Practicing meditation to connect with your inner self and find peace and clarity.

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Engaging in prayer or other forms of communication with a higher power.

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☐

Spending time in nature to experience connection to the world around you.

☐ ☐ ☐
☐

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

☐ ☐ ☐
☐

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

☐ ☐ ☐
☐

Participating in spiritual or religious community activities.

☐ ☐ ☐
☐

Engaging in artistic activities, such as painting, music, or writing.

☐ ☐ ☐
☐

Performing acts of kindness and service to others, fostering a sense of purpose.

☐ ☐ ☐
☐

Acting in accordance with your morals to create a sense of integrity in your life.

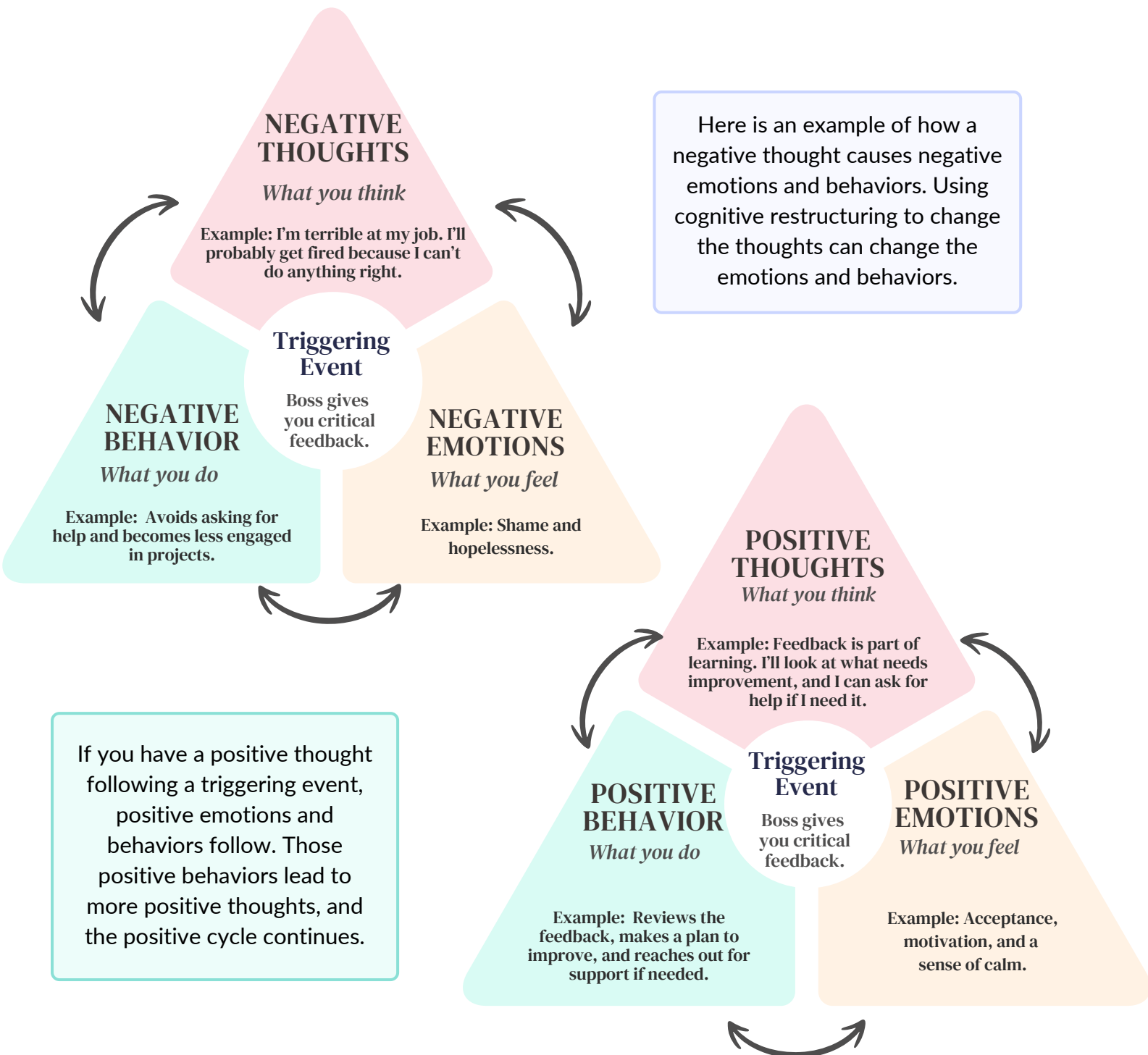
☐ ☐ ☐
☐

Spending time with the people who give your life meaning.



Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone with depression, cognitive restructuring can help interrupt and change the negative thought patterns that contribute to feeling sad, hopeless, or lonely.**



Cognitive Restructuring

THOUGHT

What you think in a situation
Ex: I can never do anything right.

EMOTION

How you feel
Ex: I feel sad and hopeless

BEHAVIOR

How you handle the situation
Ex: Procrastinating on other tasks

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are making your depression symptoms worse by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thought:

Is my thought factual?

What evidence do I have to support my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?



Setting SMART Goals

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. **For individuals with depression, SMART Goals is particularly helpful as it breaks down larger tasks into manageable steps, making them less overwhelming.** This structured approach can also enhance motivation, improve focus, and provide a sense of accomplishment, all of which are crucial for managing and alleviating symptoms of depression.

S

Specific

What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

Example: "I will go for a 10-minute walk in my neighborhood every morning."

M

Measurable

How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

Example: "I will track my daily walks in a journal and aim to complete at least 5 walks per week."

A

Achievable

Is your goal realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.

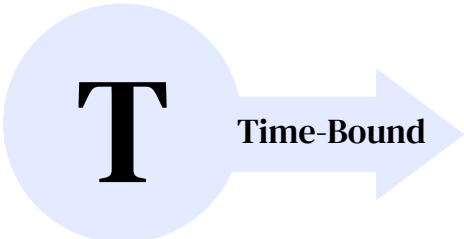
Example: "I will start with a 10-minute walk and gradually increase the duration by 5 minutes each week, aiming for a 30-minute walk by the end of the month."

R

Relevant

Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

Example: "I will focus on walking because physical activity has been shown to improve mood and reduce symptoms of depression."

T

Time-Bound

What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

Example: "I will achieve my goal of walking 30 minutes every day by the end of the next 4 weeks."



Setting SMART Goals

S

Specific

What is your goal?

M

Measurable

How will you measure your progress?

A

Achievable

Is your goal realistic?

R

Relevant

Does this goal align with your broader objective?

T

Time-Bound

What is your deadline for achieving this goal?



Setting SMART Goals

Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

What progress have I made so far? What am I proud of?

What support or resources might help me continue making progress?



Personal Strengths Inventory

When you're dealing with depression, self-criticism often becomes a constant inner voice, making you focus on what you see as flaws or mistakes. This pattern of negative thinking can deepen feelings of sadness and make it harder to feel motivated or see yourself in a positive light.

Creating a personal strengths inventory can be a helpful way to counter self-criticism. By identifying and acknowledging your strengths, you can start to shift your focus from perceived weaknesses to positive qualities. Recognizing and valuing your strengths can boost self-confidence, quiet negative self-talk, and support a healthier, more resilient mindset.

PART 1: Discovering Your Strengths

Take some time to read through the list of attributes carefully and circle at least 6 strengths that you believe apply to you.

Self-Control

I manage my emotions and impulses, which allows me to make thoughtful choices.

Confidence

I believe in my abilities and have positive expectations of success.

Flexibility

I adapt to change, adjust my approach, and think creatively in new situations.

Ambition

I have a strong desire and determination to achieve success and accomplish my goals.

Wisdom

I use knowledge and experience to make sound judgments and decisions.

Creativity

I think outside the box and generate original ideas.

Curiosity

I desire to ask questions, discover new things, and expand my knowledge.

Bravery

I face fear, uncertainty, or danger with determination and resolve.

Fairness

I believe in just treatment, and that everyone has equal opportunities.

Forgiveness

I let go of resentment and anger, choosing to understand and move on from a hurtful experience.

Gratitude

I appreciate and am thankful for the positive aspects of life.

Honesty

I am truthful and sincere in my words and actions.



Personal Strengths Inventory

Optimism

I expect the best possible outcome and believe in a brighter future.

Humility

I have a modest view of my importance, which allows me to learn from others.

Humor

I have the ability to find and share amusement, and create a lighter perspective on challenges.

Kindness

I am caring, considerate, and desire to help others.

Patience

I stay composed while waiting or facing challenges, without getting frustrated or giving up.

Love of Learning

I have an enthusiasm for acquiring knowledge and skills, driven by a desire for understanding.

Perseverance

I am committed to see things through, despite obstacles and setbacks.

Open Mindedness

I am willing to consider new ideas and perspectives with receptiveness.

Teamwork

I collaborate effectively with others to achieve a shared goal.

Social Awareness

I understand the emotions, needs, and perspectives of others.

Spirituality

I believe in a purpose or connection to something larger than myself.

Enthusiasm

I have a zest and passion that fuels my excitement and motivation.

Generosity

I give my time, resources, or skills to help others without expecting anything in return.

Problem-Solving

I am able to analyze situations, identify solutions, and overcome challenges effectively.

Dependability

I am reliable and others can count on me to fulfill my commitments and responsibilities.

Authenticity

I live and express myself genuinely, being true to my values and beliefs.

Adventurousness

I am eager to experience new and exciting things, with a sense of curiosity and daring.

Assertiveness

I communicate my needs, wants, and opinions clearly and confidently.

Independence

I am self-sufficient and resourceful, taking responsibility for my own well-being.

Logic

I am able to think clearly and reach sound conclusions based on reason and evidence.



PART 2: Applying Your Strengths to Relationships

Use the prompts to explore how you currently use your strengths in your romantic relationship(s), friendships, and family. Then, discover how you can apply your strengths in new ways to achieve relational growth.

Lists the strengths you possess that help you in your relationships

Describe a specific time your strengths were able to help your relationships

Describe two new ways you could use your strengths to help you in your relationships



PART 3: Applying Your Strengths to Your Profession

Use the prompts to explore how you currently use your strengths in your professional endeavors (at work or school). Then, discover how you can apply your strengths in new ways to achieve professional growth.

Lists the strengths you possess that help you in your profession

Describe a specific time your strengths were able to help your profession

Describe two new ways you could use your strengths to help you in your profession



PART 4: Applying Your Strengths to Achieve Personal Fulfillment

Use the prompts to explore how you currently use your strengths to increase your sense of purpose and enjoyment. Then, discover how you can apply your strengths in new ways to achieve personal growth.

Lists the strengths you possess that help you achieve personal fulfillment

Describe a specific time your strengths were able to help you with personal fulfillment

Describe two new ways you could use your strengths to help you with personal fulfillment

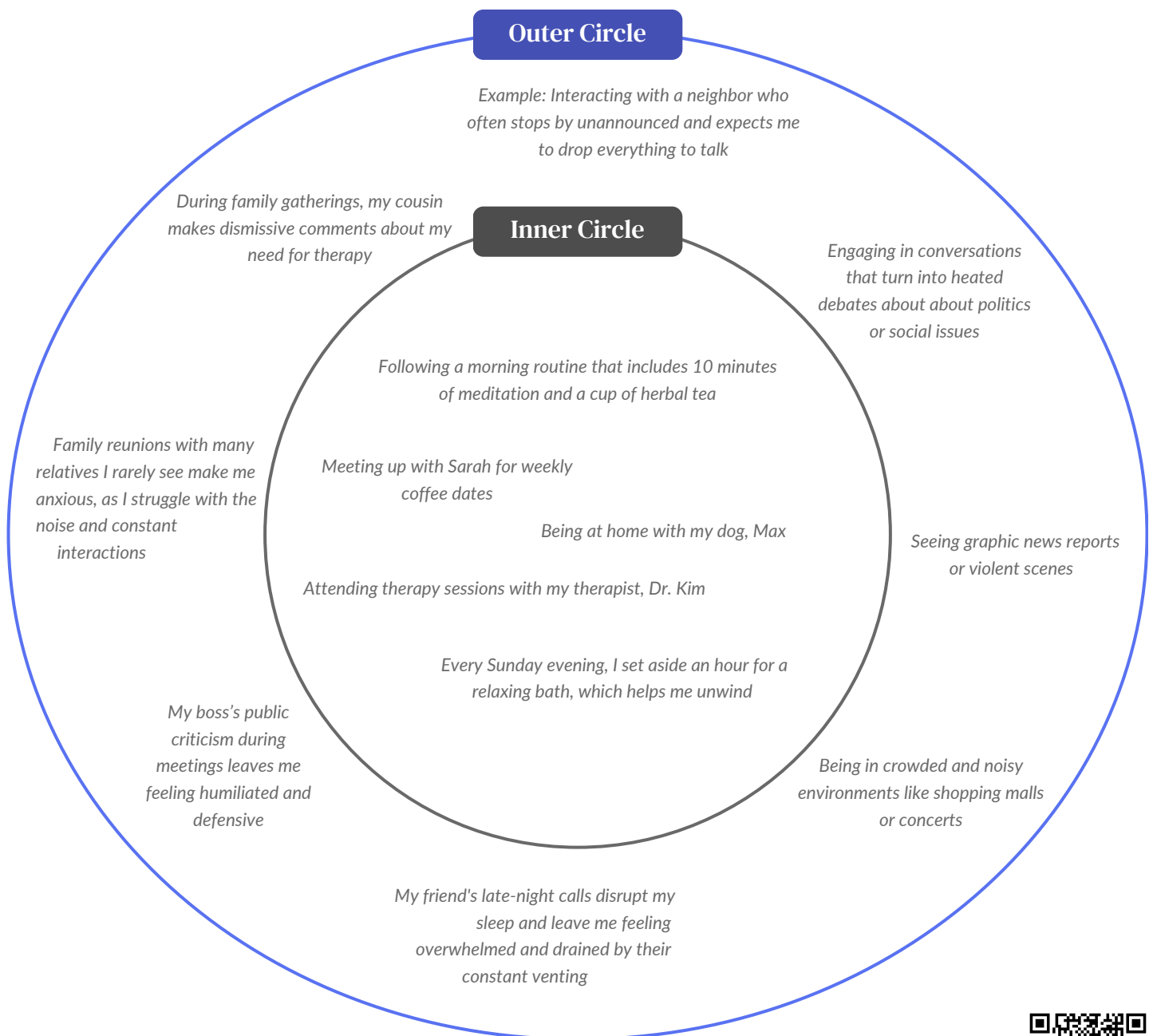


How to Set Healthy Boundaries

Setting boundaries is crucial for managing depression because it helps protect your mental and emotional well-being. When you establish clear limits with others, you can prioritize your energy and time, which is especially important when you're dealing with low motivation, fatigue, and feelings of overwhelm. Use this worksheet to explore your boundaries and develop strategies for maintaining them.

PART 1: Visualize Your Boundaries

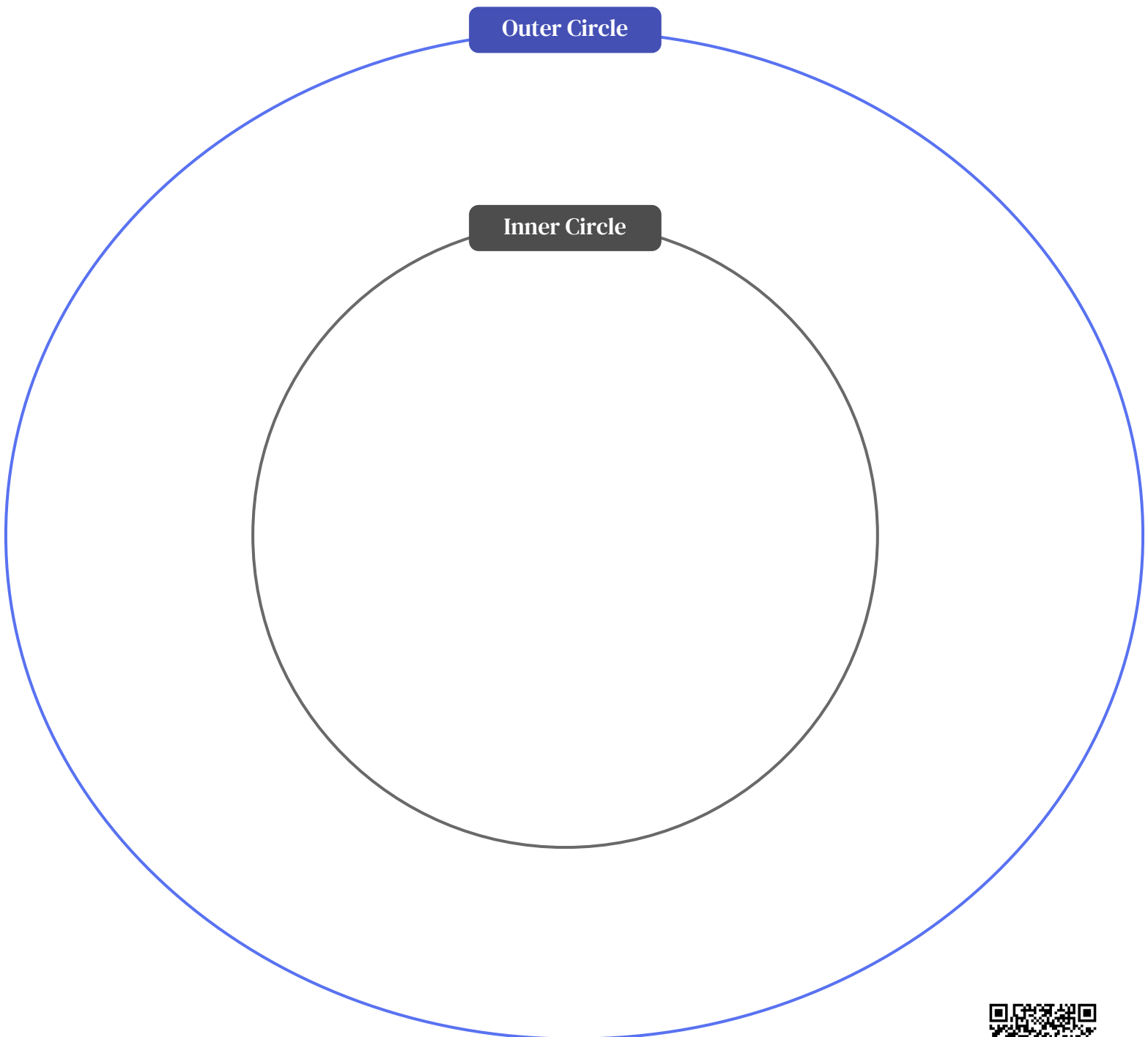
Inside the circle, write everything that makes you feel relaxed and safe. On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.



How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- What is currently causing me stress or unease?
- What am I excited about each day?
- What do I find myself dreading each day?
- Who or what energizes and uplifts me?
- Who or what leaves me feeling drained and exhausted?
- Who or what helps me feel safe, supported, and valued?



PART 2: How to Communicate Your Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Physical Boundaries

- "Please give me some physical space"
- "I am not comfortable with being touched right now."
- "I need to step away for a moment."
- "I prefer to keep a bit of distance, thank you."
- "I would appreciate it if you didn't stand so close."

Emotional Boundaries

- "I feel overwhelmed and need to take a break from this conversation."
- "I'm not comfortable discussing this right now."
- "I appreciate your concern, but I need some time to process my feelings alone."
- "Please respect my feelings on this matter."

Interpersonal Boundaries

- "I feel uncomfortable with this behavior and need it to stop."
- "I need you to respect my decision."
- "I am not okay with how you spoke to me."
- "Please do not involve me in this situation."
- "I need clarity and honesty in our communication."



How to Set Healthy Boundaries

PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Example: My sister, who lives nearby, frequently drops by unannounced. Her unexpected visits often disrupt my personal time and the quiet environment I need to relax and recharge after work. Last week, she came over right when I was about to start a long-awaited self-care routine, and it completely threw off my evening.

Boundary I will set:

I will have a conversation with my sister to let her know that I need my home to be a space where I can relax and unwind without unexpected interruptions. I will ask her to call or text me before coming over to ensure it's a good time. I will emphasize that I still want to spend time with her but need to plan our visits in advance.

Any potential challenges:

My sister might feel hurt or think that she is not welcome anymore. She may perceive my request as a sign that I don't enjoy her company or that our relationship is less important to me. Additionally, she might not understand why this change is necessary if she feels that her visits haven't been a problem in the past.

How I will handle these challenges:

During our conversation, I will explain to my sister that her visits are important to me and that I value our time together. I will let her know that my request for advance notice allows me to take care of my mental health and personal needs. I will suggest specific times that work better for me. For example, I could say, "I really enjoy our time together and want to make sure I am fully present when we hang out. Could you call or text me before coming over to make sure it's a good time? I usually have more free time on Saturdays or after 6 PM on weekdays."



How to Set Healthy Boundaries

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Boundary I will set:

Any potential challenges:

How I will handle these challenges:



DBT PLEASE Skill

The PLEASE skill in dialectal behavior therapy (DBT) is a simple acronym that helps you remember the basics of mental and physical well-being. **By taking care of your body and mind, you create a more stable foundation for managing the low mood, fatigue, and negative thoughts that often accompany depression.** This worksheet will guide you in applying the PLEASE skill to help stabilize your mood and improve your energy, making it easier to cope with challenging emotions and work toward feeling better.

PL

Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.

E

Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.

A

Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.

S

Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.

E

Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.



PHYSICAL ILLNESS: Take care of your physical health.

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

	M	T	W	T	F	S	S
Scheduled and attended doctors appointments							
Took medications							
Took a shower and washed face							
Brushed my teeth							
Moved my body							
Ate nutritious food							
Went outside							
Drank enough water							
Limited time on social media							
Cleaned the house							
Spoke to another person							

What challenges did you face when taking care of your physical health and how can you overcome them?



BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

Food Consumed	How I Felt After Eating it
1.
2.
3.
4.
5.
6.
7.
8.
9.

Which foods made you feel the best & what foods do you want to avoid going forward?

.....

.....

.....



DBT PLEASE Skill

AVOID MOOD ALTERING SUBSTANCES:

Evaluate your use of substances that may affect your mood.

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

What mood altering substances do you use?

What are your personal reasons for avoiding mood altering substances?

What steps can you take to reduce or eliminate these substances?

What challenges might you face and how can you overcome them?



BALANCED SLEEP: Getting enough sleep is important to your mental health.

You should strive for 7 to 9 hours of sleep per night and establish good sleep habits to help regulate your mood.

With a sleep diary, you can log your bedtime, night awakenings, and morning wake-up times. This helps you see your sleep patterns and overall sleep duration, as well as how often your sleep is disrupted. Additionally, a sleep diary helps you track activities affecting your sleep. You'll note when you exercise, nap, take medication, or consume caffeine or alcohol.

INSTRUCTIONS: (1) Write the date and type of day: Work, School, or Day Off. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day. **SAMPLE ENTRY BELOW:**

		P.M.												A.M.											
Date	Type of Day	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
7/12	Work		C					E		A		M	B	Z	Z	Z	Z		Z	Z	Z				

		P.M.											A.M.												
Date	Type of Day	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11



EXERCISE DAILY: Exercise is a great way to balance your mood.

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

DATE & TIME	TYPE OF EXERCISE	DURATION	INTENSITY

Which workouts did you enjoy the most & want to do more?

What challenges did you face and how can you overcome them?



Practicing Gratitude

Gratitude is more than just a positive feeling; it's a valuable tool that can help manage depression and improve your mental well-being. When you practice gratitude regularly, it can gently shift your focus away from negative thoughts and help you notice the good things in your life, even when things feel challenging. This worksheet is designed to guide you in recognizing and appreciating the positive aspects of your daily experiences, building resilience and a more hopeful outlook over time.

PART 1: Daily Gratitude List

Write down three things you are grateful for each day. (Example page).

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	Example: The taste of fresh coffee in the morning.	The kind text my friend sent me.	The relaxing bath I took to unwind.
T	A productive work meeting where I felt heard.	My cozy blanket keeping me warm while I read.	A surprise call from my mom to check on me.
W			
T			
F			
S			

PART 2: Weekly Reflection

Reflect on your gratitude entries at the end of each week. Answer the following questions:

Which gratitude entries for this week stood out to you the most and why?

The gratitude entry that stood out the most this week was "taking a quiet walk in the park." It felt so refreshing to be surrounded by nature and to have a moment of calm away from my usual busy routine. I realized how much these small breaks can help me feel grounded. Another entry that stood out was "a kind message from a friend." It reminded me that I have a support system and people who genuinely care about me. Sometimes I get caught up in my own struggles, so being reminded of these connections really lifted my mood and made me feel valued.



Practicing Gratitude

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?



Practicing Gratitude

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?



Practicing Gratitude

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?



Practicing Gratitude

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
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How did practicing gratitude affect your mood and outlook over the week?



At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

How has your perspective changed since you started practicing gratitude?



Practicing Gratitude

What new gratitude practices would you like to try next month?

What challenges did you face in practicing gratitude , and how did you overcome them?

Which gratitudes can you turn into a daily affirmation?





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

