

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 collection of worksheets 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:

## Pages 1-3: How to Practice Self-Care

Self-care is crucial for managing depression. 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.

## Pages 4-5: Cognitive Restructuring

Negative thought patterns can significantly impact depression. The Cognitive Restructuring 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.

## Pages 6-7: Setting SMART Goals

Goal-setting can provide direction and motivation, which are often lacking in depression. The SMART Goals 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.

## Pages 8-12: Personal Strengths Inventory

Recognizing and leveraging your personal strengths can be empowering. 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.

## Pages 13-18: Setting Healthy Boundaries

Establishing healthy boundaries is essential for maintaining mental health. 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.



# Self-Care for Depression

**Self-care is any technique that enhances your well-being and replenishes your mind and body.** For example, practicing daily gratitude, laughing with a loved one, and taking daily walks can boost your mood and reduce symptoms of depression. A self-care routine is not one-size-fits-all but requires experimenting with different strategies to understand what works best for you.

This worksheet is designed to help you explore a variety of specific self-care activities that can improve your well-being. You will be asked to rank each activity on a scale from 1-3 to determine how well you are currently engaging in these practices. After ranking, you can “star” the activities you would like to do more often. The goal of this worksheet is to help you recognize the different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

## 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"/>	<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"/>	<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"/>	<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"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<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"/>	<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"/>	<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"/>	<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"/>	<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"/>	<input type="checkbox"/>	Paying attention to your body’s needs, such as stretching when tense or resting when tired.



# Self-Care for Depression

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.


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


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


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


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


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.


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


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


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


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


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


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


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


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


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


Scheduling intentional alone time with your romantic partner.



1 2 3



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

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

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

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

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

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

Ensuring your work environment is comfortable and conducive to productivity.

Establishing achievable work goals and celebrating small accomplishments.

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.

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

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

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.

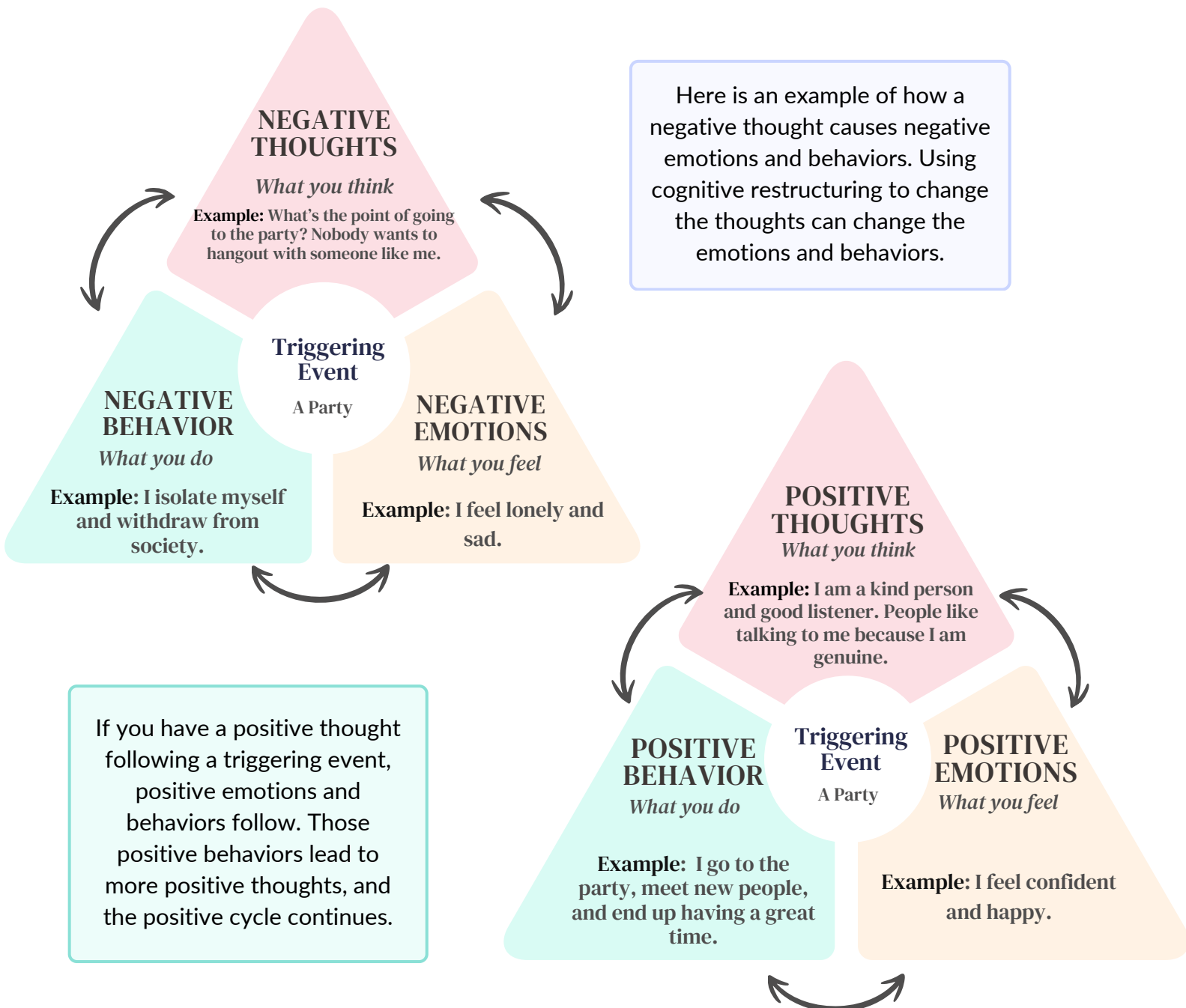
Acting in accordance with your morals to create a sense of integrity in your life.

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.**



## THOUGHT

What you think in a situation  
*Ex: I'm the worst friend*

## EMOTION

How you feel  
*Ex: I feel sad and hopeless*

## BEHAVIOR

How you handle the situation  
*Ex: Isolate and withdraw*

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:**

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**Is my thought factual?**

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**What evidence do I have to support my thought?**

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**What would someone else say about the situation?**

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**Is it possible to view this situation differently?**

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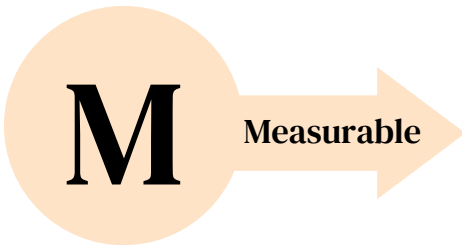
# Setting SMART Goals

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.



**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."*



**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."*



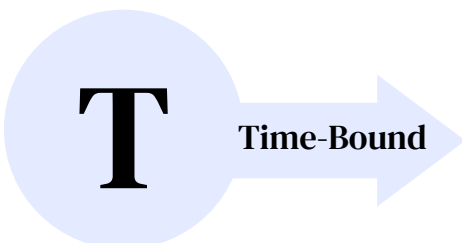
**Is your goal realistic? What steps can you take to make your goal achievable?** Break down your goal into smaller, manageable tasks.

*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."*



**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."*



**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."*

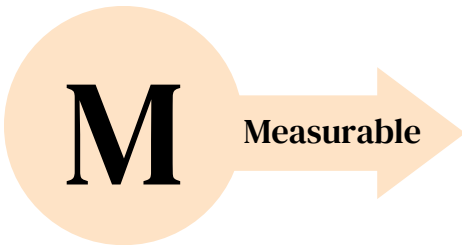


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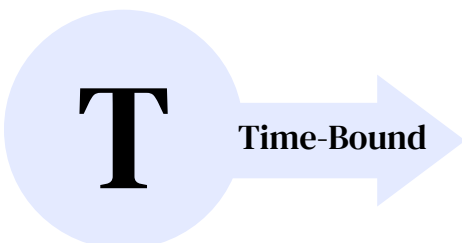
**How will you measure your progress?** Determine how you will track your progress and know when you have achieved your goal.



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



**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.



**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.





# Personal Strengths Inventory

Self-criticism can significantly impact your mental health and overall well-being. Negative internal dialogues can undermine your self-esteem, making you feel inadequate and increasing your stress and anxiety. If you constantly talk to yourself in a negative manner, you can create a cycle of negativity, where you become overly focused on your perceived flaws and failures, which can prevent personal growth.

**Creating a personal strengths inventory can be a powerful tool to combat self-criticism and negative self-talk.** By identifying and acknowledging your inherent strengths, you can shift your focus from your perceived weaknesses to your positive attributes. Recognizing and celebrating your strengths can boost your self-confidence, reduce the impact of negative self-talk, and promote 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 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**

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

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

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## 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**

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

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

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## **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**

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

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

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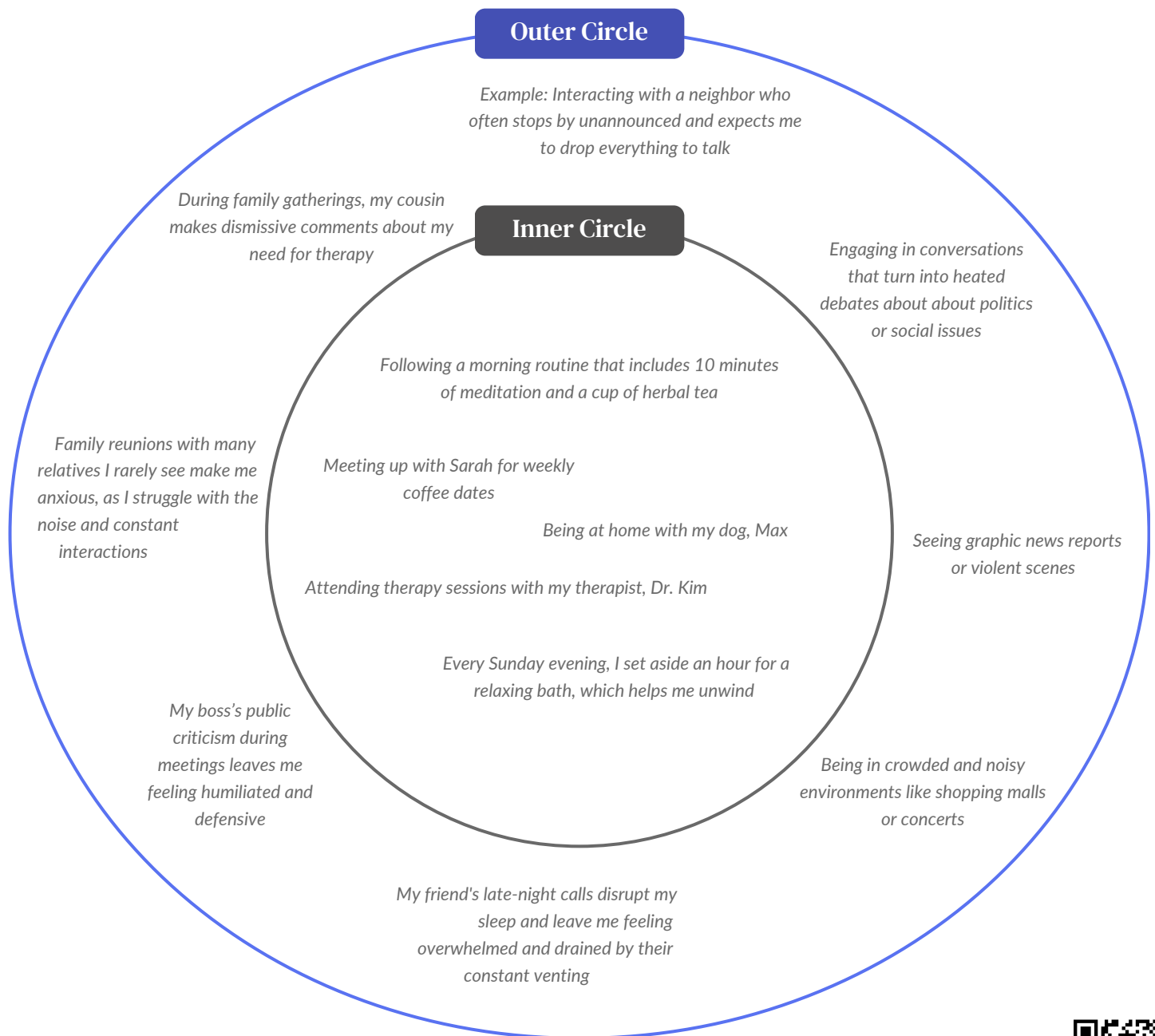


# How to Set Healthy Boundaries

This worksheet is designed to help you understand and set healthy boundaries in your relationships and daily life. **By identifying your needs and limits, you can communicate more effectively, protect your well-being, and build stronger relationships.** Use this worksheet to explore your boundaries and develop strategies for maintaining them.

## PART 1: Visualize Your Boundaries

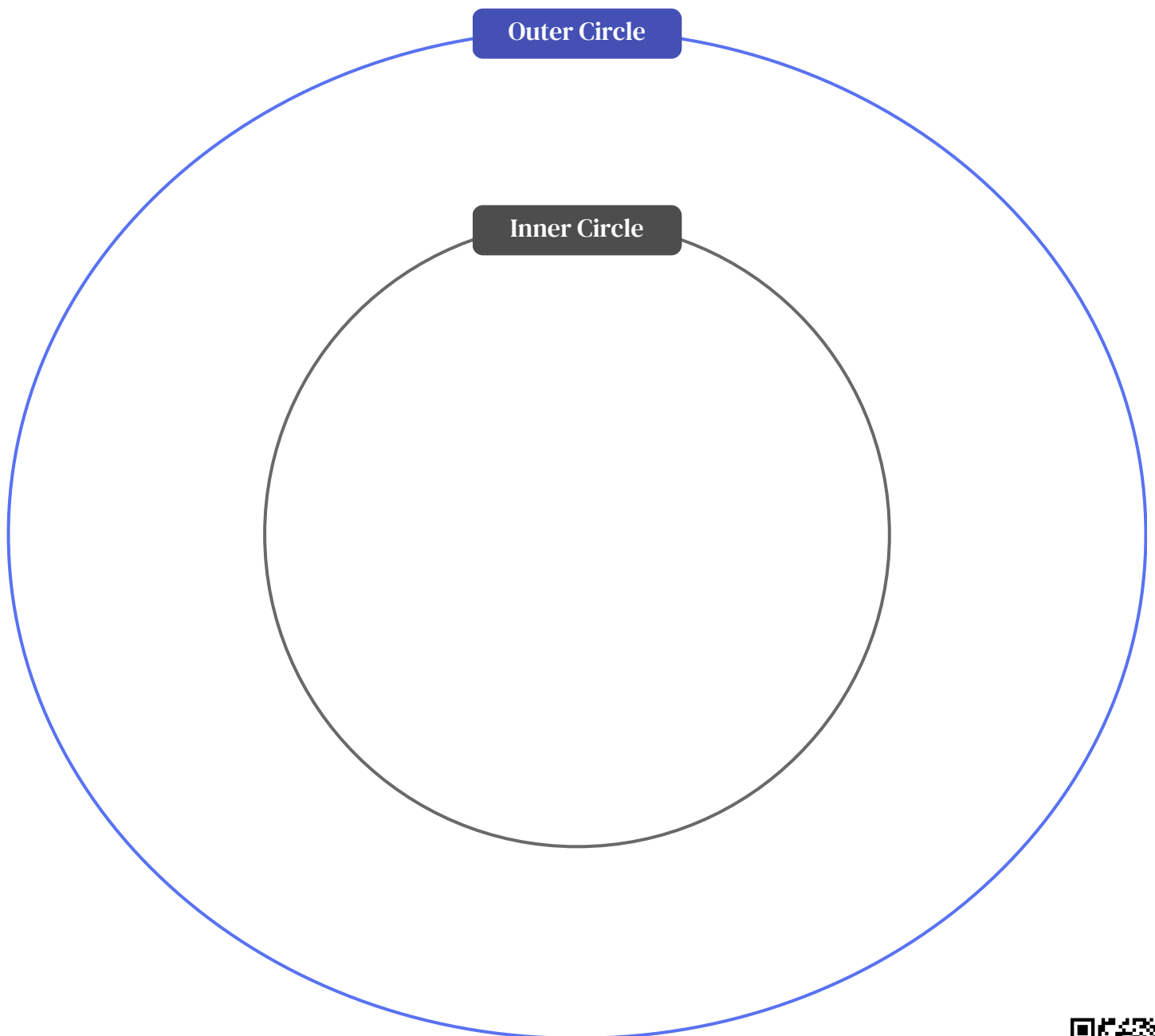
Inside the circle, write everything that makes you feel relaxed and safe. On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.



# 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."





## PART 2: How to Communicate Your Boundaries

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

### Use Confident Body Language

Blank space for notes under 'Use Confident Body Language'.

### Be Clear & Set Consequences

Blank space for notes under 'Be Clear & Set Consequences'.

### Keep Your Tone Calm and Respectful:

Blank space for notes under 'Keep Your Tone Calm and Respectful:'.

### Practice Active Listening:

Blank space for notes under 'Practice Active Listening:'.

### Physical Boundaries

Lined writing area for Physical Boundaries.

### Emotional Boundaries

Lined writing area for Emotional Boundaries.

### Interpersonal Boundaries

Lined writing area for Interpersonal 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."*



## PART 3: Develop Strategies for Maintaining Boundaries

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

**Situation:**

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**Boundary I will set:**

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**Any potential challenges:**

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**How I will handle these challenges:**

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