

# Depression Worksheet

Although many people experience depression, how depression feels and looks to you is unique. Understanding how depression may be impacting you can be one of the first steps to recovery. Through this exercise you may find yourself having a reaction (whether it's sadness, judgment, surprise, or something totally different). I encourage you to be a loving observer as you document your symptoms of depression.

How does depression impact your physical body?

---

---

---

---

How does depression impact your mood?

---

---

---

---

How does depression impact your actions or behaviours?

---

---

---

---

How does depression impact your relationship with yourself?

---

---

---

---

Was there a time when depression was not as present? If so what was happening?

---

---

---

---

If a friend who loved and respected you were to describe you and what you're going through right now, what would they say?

---

---

---

---

**Additional Resources Regarding Depression:**

It is suggested that if you are experiencing symptoms of depression that you talk to your doctor, or other health professional for support.

[Centre for Clinical Interventions](#)

[Psych Point](#)