



When Depression Comes Knocking: Tools for Survival and Finding Your Light Again

This resource was created to help you as you participate in our online event. We encourage you to use these questions as an opportunity to reflect on how these themes may apply to your own life.

1. What are your normal cues that you are in a depressive episode?
2. How can you use your current limited Coronavirus environment to help cue you into signs of a depressive episode? List a few here:
3. What is one way you can commit to self-care and wellness this week? It doesn't have to be something big or something daily but something that you can be done once or twice this week. *For example: I am going to commit to making and eating a well- balanced dinner (in a serving large enough for leftovers) on Tuesday and Thursday of this week.*
4. Reflect on some of the losses happening in your life right now. Pick one or two of the "smaller losses" you're facing and journal for a few lines on them.
5. How can you acknowledge your grief while staying in the present? Create an "and" statement about a loss and something that is happening in the present moment. *For example: I am feeling sad that I had to cancel my birthday party and I am happy to see the sun shining outside.*
6. Take a minute to journal and reflect on the differences in how you're experiencing your grief. If you're living with someone else, reflect on the ways that they may be grieving.

