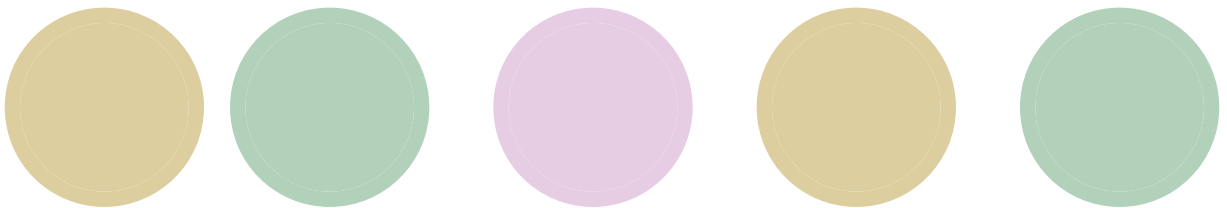


RAINBOW

GROUNDING TECHNIQUE

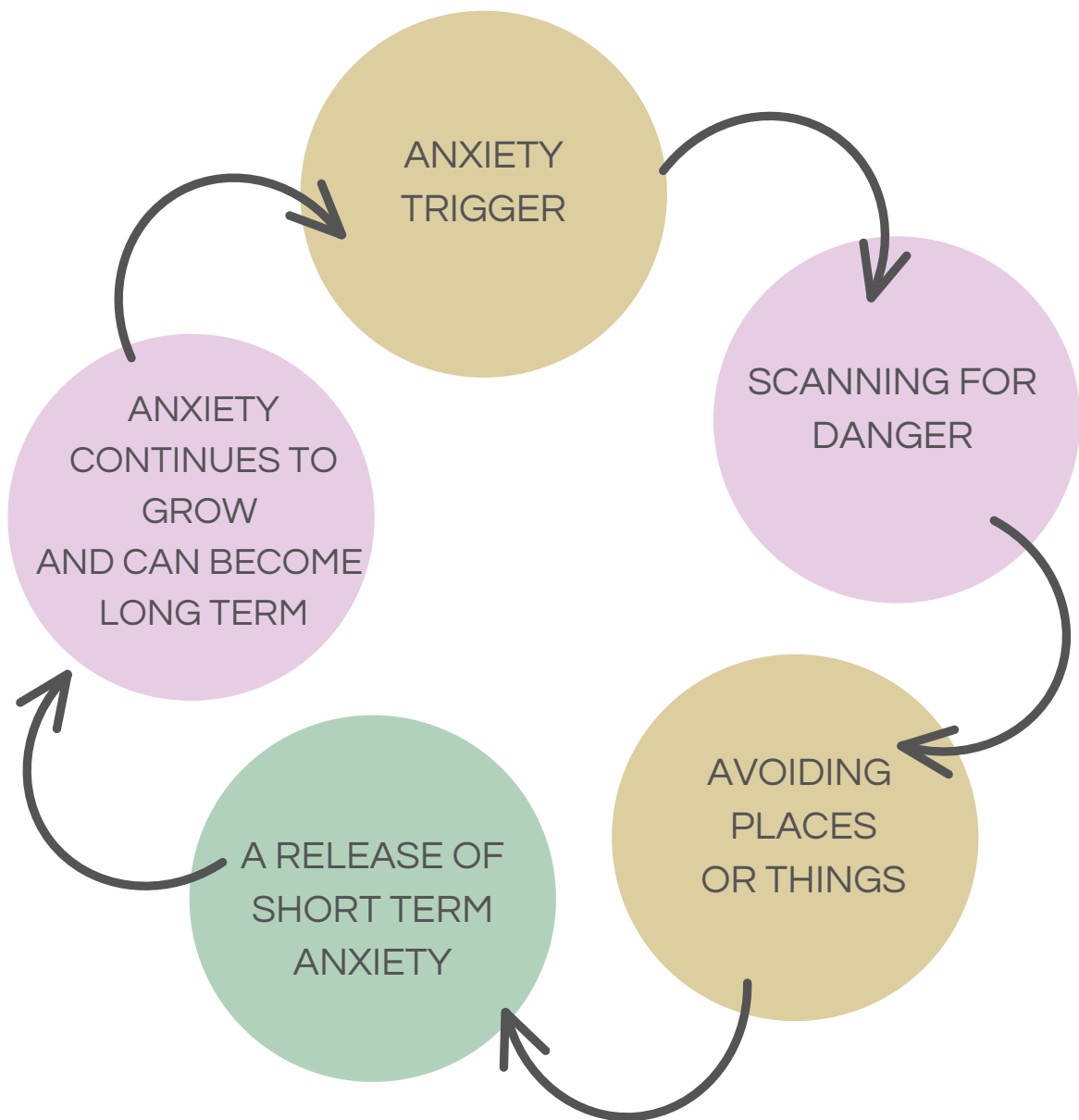
Take FIVE deep breathe and
identify the colors below in order.



Look around, How many times can you find each color?



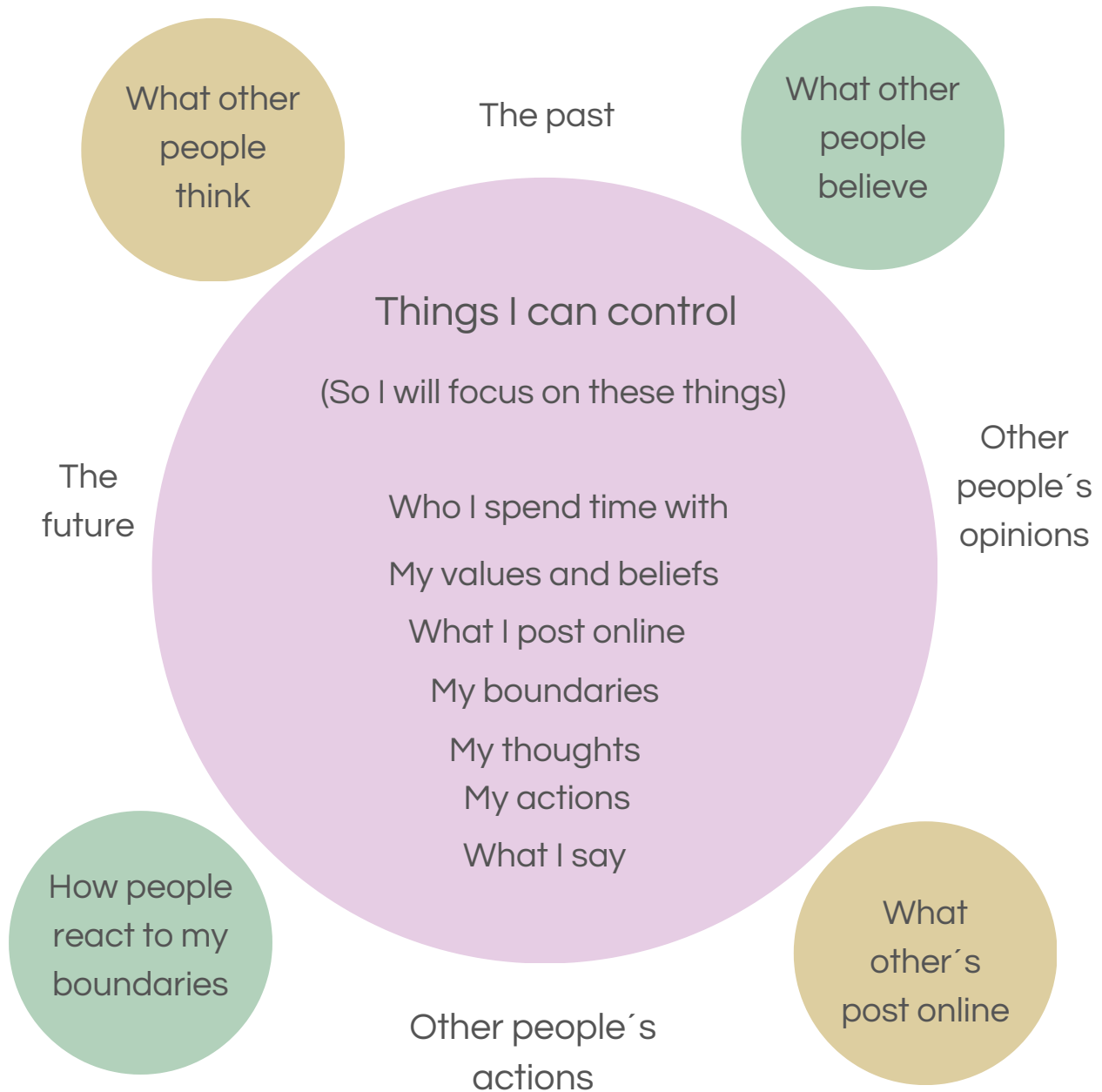
UNDERSTANDING THE ANXIETY CYCLE



Awareness is needed in order to break the cycle.

Things I can NOT control

(So I can let go of these things)



HOBBIES

Participating in a hobby that you are interested in may boost your depressive mood. The more time you spend on an activity that you enjoy the less negative thoughts you will have. This checklist is a guide to activities you can try if you don't have a set hobby present.

- BOARD GAMES
- COLORING
- READING
- COOKING OR BAKING
- GARDENING
- SEWING
- PLAYING A SPORT
- VIDEO EDITING
- BLOGGING
- LISTEN TO A PODCAST
- SCRAPBOOKING
- ARTS AND CRAFTS
- HOME DECORATING
- CAKE DECORATING
- PHOTOGRAPHY
- PLANNING SOMETHINGS FUN
- JOURNALING
- PLAYING AN INSTRUMENT
- LEARN A NEW LANGUAGE
- WOOD CRAFTING
- VOLUNTEERING
- OTHER:
- OTHER:
- OTHER:

SOCIAL ACTIVITIES

For many people with depression, getting out of bed can be a struggle, and having the energy and motivation to visit with friends and family can be a task in itself. This can lead to isolation and at times it can make you feel more depressed. Although you may not want to be social it is important to know that social interactions can lead to decreased depression. This worksheet is to help you when you feel like you need more social interactions to get out of your depressive mood. Use this worksheet as a guide to maintain social interactions.

- CALL OR TEXT A FRIEND
- ATTEND A SUPPORT GROUP
- VOLUNTEER WITHIN YOUR COMMUNITY
- ORGANIZE A MEETING WITH A FRIEND
- HAVE A MEAL WITH FRIENDS OR FAMILY
- TAKE A COOKING CLASS
- ATTEND A MEETUP (MEETUP.COM)
- GO TO A SPORTS EVENT
- ATTEND A WORKSHOP
- RECONNECT WITH A FRIEND
- JOIN A GROUP EXERCISE CLASS
- JOIN A BOOK CLUB (OR START ONE)
- JOIN A SPORTS TEAM
- JOIN THE PHOTOGRAPHY WORKSHOP OUTDOOR
- LET SOMEONE KNOW HOW YOU'RE FEELING
- ATTEND A MOVIE WITH FRIENDS OR FAMILY
- JOIN A SUPPORT GROUP ONLINE
- WALK WITH A FRIEND OR JOIN A WALKING GROUP
- TAKE A CLASS OF YOUR INTEREST
- OTHER:
- OTHER:
- OTHER:

HOW DO YOU WANT OTHERS TO TREAT YOU?

There are times when people who care about you might say or do the wrong thing to try to fix the problem unintentionally. It is important to communicate to others how you want to be treated during difficult times. Communicating the need for non-judgmental space will help the healing process. Use this worksheet to practice awareness of the things you need and don't need from others.

WHAT I NEED FROM OTHERS:

| | | |
|-------------------------------------|--|--------------------------------|
| <input type="checkbox"/> KINDNESS | <input type="checkbox"/> NON-JUDGEMENTAL | <input type="checkbox"/> _____ |
| <input type="checkbox"/> PATIENCE | <input type="checkbox"/> SAFETY | <input type="checkbox"/> _____ |
| <input type="checkbox"/> COMPASSION | <input type="checkbox"/> ENCOURAGEMENT | <input type="checkbox"/> _____ |
| <input type="checkbox"/> RESPECT | <input type="checkbox"/> ACCEPTANCE | <input type="checkbox"/> _____ |

WHAT I DON'T NEED FROM OTHERS:

| |
|---|
| <input type="checkbox"/> TO BE SHAMED FOR MY FEELINGS |
| <input type="checkbox"/> TO BE MINIMIZED |
| <input type="checkbox"/> TO BE MADE TO FEEL LIKE I AM FAILURE |
| <input type="checkbox"/> TO BE BLAMED |
| <input type="checkbox"/> TO BE COMPARED |
| <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ |



ACCEPTING DIFFICULT EMOTIONS

It's important to learn to accept difficult feeling or emotion with compassion. Use this worksheet as a guide to identify the emotion when feeling stuck. If this feeling persists or worsen reach out for support.

1. IDENTIFY: THE DIFFICULT EMOTIONS THAT CAUSED YOU TO CONTROL, AVOID, OR DISTRACT YOURSELF.

| | | |
|----------------|-----------|-------------|
| SADNESS | FEAR | INADEQUACY |
| LONELINESS | REJECTION | GUILT |
| ANGER | WORRY | EMPTINESS |
| JELOUSY | SHAME | RESENTMENT |
| SELF-CRITICISM | DISGUST | OVERWHELMED |

2. REORGANIZE: WHAT DO YOU DO WHEN A DIFFICULT EMOTION IS PRESENT?

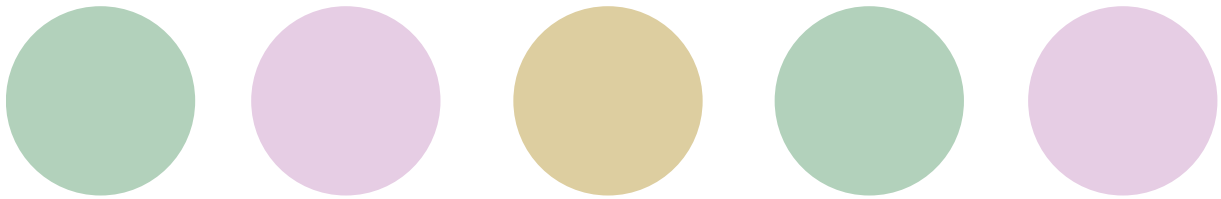
| | | |
|---------------------------|-------------------------------------|-----------------------------------|
| PLAY A LOT OF VIDEO GAMES | PUT OTHERS DOWN | MINDLESSLY SCROLL ON SOCIAL MEDIA |
| AVOID SITUATION | TRY T HELP EVERYONE ELSE BUT MYSELF | PROCRASTINATE |
| SPEND MONEY | | OVERWORK |

3. DESCRIBE WHAT YOU'RE FEELING: NOTICE THE PHYSICAL SENSATIONS IN YOUR CHEST, THROAT, AND BODY TEMPERATURE ?

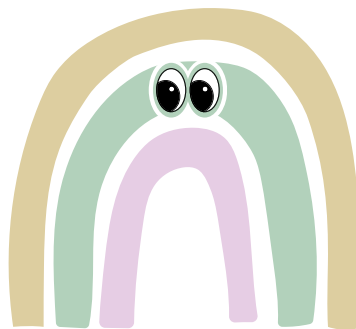
RAINBOW BREATHING

GROUNDING TECHNIQUE

Breathe in and out three times then identify all of these colors in order.



Breathe in and out three more times and identify the colors in your surroundings.



CURRENT FEELINGS

HOW AM I FEELING RIGHT NOW?

How am i feeling right now?

WHAT AM I WORRIED ABOUT?

WHAT TRIGGERED THIS?

WHAT DO I NEED TO DO PRIORITZIE MY MENTAL AND PHYSICAL HEALTH?

Do you need support? Time for yourself? Talk to yourself with self-compassion?

MY SUPPORT SYSTEM

List the contact info of your support network and resources.
This can include family, friends, therapist, and hotline.

Someone I trust and can share my personal struggles:

Someone who is a good listener:

Someone who makes me laugh and is compassionate:

Someone that enjoys similar activities:

Someone who can help me be more positive:

Someone who can help me with a problem:

Someone who reminds me of my accomplishments:

I am in charge of
my own thoughts.



There are people
who are here for
me and believe in
me.

