

HS & Depression Worksheet

Podcast Companion Tool

1. Behavioral Activation

When depression feels heavy, even small tasks can shift your energy. Write down 3 small activities that bring you joy or a sense of accomplishment.

Activity 1:

Activity 2:

Activity 3:

👉 **Tip:** On hard days, choose just one and check it off. Small wins matter.

2. Thought Reframing

Depression often comes with harsh self-talk. Practice catching those thoughts and rewriting them with compassion.

• **Negative Thought:** _____

• **Reframed Thought:** _____

• **Negative Thought:** _____

• **Reframed Thought:** _____

👉 **Example:** "I'm ugly because of my scars." → "These scars show I've survived every flare and I'm still here."

3. Mood-Boosting Playlist

Music can shift your mood, boost energy, and remind you of your strength. Write down 5 songs that always help lift you up.

- Song 1: _____
- Song 2: _____
- Song 3: _____
- Song 4: _____
- Song 5: _____

👉 **Tip:** Build your playlist ahead of time so it's ready when you need it.

4. Connection & Support

Depression thrives in isolation. Write down 2 people you can reach out to when you're struggling.

- Person 1: _____
- Person 2: _____

👉 Even a quick text like, "Having a tough day, just need to say it out loud," can open the door to support.

Final Encouragement

Depression is common in HS — but it doesn't define you. Small tools, practiced often, can help lighten the load. Be gentle with yourself, and remember: you are not alone.