

# Triggers And Coping Strategies For Depression

It is common to get depression confused with sadness. We often think that if we are sad enough we are considered depressed, but depression is much deeper and more intense than sadness. Depression is not only sadness, but also includes a flat affect or feeling, loss of interest in things you used to enjoy, low energy or motivation, despondence and hopelessness.

**List 3 triggers for your depression.**

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**Describe how you currently cope with your depression. Is it helpful?**

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**How does your depression affect your day-to-day lifestyle?**

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**What are some ways that you prevent yourself from getting better when depressed? (Isolating, negative self-talk, disengagement from daily responsibilities, etc.)?**

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**Circle the strategies below that you can try to help yourself manage your symptoms of depression.**

Remember: Everyone is different, has different stressors and lifestyles and have different and unique ways of coping with depression! Brainstorm the positive strategies that you have or would like to have that can help you in your own life!

**Strategies:**

- Focus on long-term goals to stay motivated
- Cry it out (it's okay to cry!).
- Seeking therapy
- Attending support groups
- Reaching out to friends and/or family
- Thought records to challenge negative self-talk
- Journaling
- Challenging cognitive distortions
- Deep breathing/ mindfulness exercises
- Exercise and Proper diet with low sugar content
- Volunteering
- Outdoor activities
- Trying new social activities
- Engaging in enjoyable activities
- Finding a supportive sponsor

**Other Strategies:**

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