

## Anxiety and Depression Reflection Worksheet

### Part 1: Understanding Your Feelings

#### 1. Identify Your Emotions:

- What emotions are you experiencing most frequently? (e.g., sadness, worry, fear, anger)
- How intense are these emotions on a scale of 1-10? (1 = very mild, 10 = very intense)

#### 2. Triggers:

- Can you identify any specific situations, thoughts, or events that trigger your anxiety or depression?
- Write down at least three triggers and how they make you feel.

**Trigger 1:**

**Feelings:**

**Trigger 2:**

**Feelings:**

**Trigger 3:**

**Feelings:**

### Part 2: Managing Symptoms

#### 1. Coping Strategies:

- List three strategies you currently use to manage anxiety or depression (e.g., deep breathing, talking to a friend, exercise).
- Rate their effectiveness on a scale of 1-10 (1 = not effective, 10 = very effective).

**Strategy 1:**

**Effectiveness:**

**Strategy 2:**

**Effectiveness:**

**Strategy 3:**

**Effectiveness:**

#### 2. Exploring New Techniques:

- What new coping strategies would you like to try? (e.g., mindfulness, journaling, professional counseling)
- How can you incorporate these into your daily routine?

**New Technique 1:**

**How to Incorporate:**

**New Technique 2:  
How to Incorporate:**

**Part 3: Seeking Support**

**1. Support Network:**

- Who in your life can you turn to for support? List their names and how they can help you (e.g., listening, offering advice, spending time together).

**Person 1:  
Support They Offer:**

**Person 2:  
Support They Offer:**

**2. Professional Help:**

- Have you considered seeking professional help? If yes, what type (e.g., therapist, counselor, support group)?
- Write down one step you can take this week to seek or explore professional help.

**Step:**

**Part 4: Setting Goals for Improvement**

**1. Short-Term Goals:**

- What is one small change you can make this week to improve your mental health? (e.g., going for a daily walk, reducing screen time before bed)

**Goal:**

**2. Long-Term Goals:**

- What is one long-term goal for managing your anxiety or depression? (e.g., completing a therapy program, maintaining a balanced routine)

**Goal:**

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**Reflection**

**1. How do you feel after completing this worksheet?**

**2. What is one positive thing you can do for yourself today?**