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Mental Health & Wellbeing

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This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

Safe Haven Connect CIC is not a healthcare provider, and this workbook should not be used to diagnose or treat any mental health condition.

If you are concerned about your mental or physical health, please speak to your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services or an appropriate crisis support service immediately.

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PAGE 1 – Understanding Depression

 What is depression?

Depression is more than feeling sad for a few days. It is a mental health condition that can affect the way you think, feel and cope with everyday life.

People experience depression in different ways. Some people feel low, while others feel numb, exhausted or lose interest in things they once enjoyed.

Recovery is possible, and seeking support is a sign of strength.

Common signs

- ☐ Feeling low most days
- ☐ Loss of interest or enjoyment
- ☐ Feeling tired all the time
- ☐ Changes in sleep
- ☐ Changes in appetite
- ☐ Difficulty concentrating
- ☐ Feeling hopeless
- ☐ Low self-esteem
- ☐ Withdrawing from others
- ☐ Finding everyday tasks difficult

Reflection

Which of these have you experienced recently?

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PAGE 2 – How Am I Feeling Today?

Take a few moments to check in with yourself.

Date

Today I feel...

- ☐ Hopeful
- ☐ Calm
- ☐ Low
- ☐ Numb
- ☐ Lonely
- ☐ Tired
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Irritable
- ☐ Other

My mood today

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

What's on my mind today?

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PAGE 3 – Taking Small Steps

When you're living with depression, even small tasks can feel difficult.

Remember:

Small steps are still progress.

♥ Today's Checklist

- ☐ Get out of bed.
- ☐ Have a shower or wash.
- ☐ Drink a glass of water.
- ☐ Eat something nourishing.
- ☐ Open the curtains.

- ☐ Spend five minutes outside.
- ☐ Talk to someone.
- ☐ Be kind to myself.
- ☐ Rest if I need to.
- ☐ Celebrate one small achievement.

♥ My goal for today

♥ One thing I achieved today

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PAGE 4 – Understanding Negative Thoughts

Depression can affect the way we think about ourselves, other people and the future.

These thoughts can feel very real, but they are not always accurate.

♥ Have you ever thought...

- ☐ I'm not good enough.
- ☐ Nothing will ever change.
- ☐ I'm a burden.
- ☐ I can't do anything right.
- ☐ Nobody understands me.
- ☐ I'm failing.
- ☐ I'm not important.
- ☐ Other

♥ Write one negative thought you've had recently

♥ Can you replace it with a kinder thought?

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PAGE 5 – Looking After Yourself

When you're feeling low, basic self-care can feel difficult.

Remember, doing something is always better than doing nothing.

Today's Self-Care Checklist

- ☐ Drink enough water.
- ☐ Eat a meal.
- ☐ Have a shower or wash.
- ☐ Brush my teeth.
- ☐ Open the curtains.
- ☐ Get some fresh air.
- ☐ Take my medication (if prescribed).
- ☐ Speak kindly to myself.
- ☐ Rest without guilt.
- ☐ Go to bed at a sensible time.

One thing I did for myself today

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PAGE 6 – Finding Small Moments of Hope

Depression can make it hard to notice positive moments.

Today's goal isn't to feel amazing.

It's simply to notice one good thing.

♥ Today I noticed...

- ☐ A kind person.
- ☐ Sunshine.
- ☐ Fresh air.
- ☐ A smile.
- ☐ A good meal.
- ☐ A pet.
- ☐ Music.
- ☐ Nature.
- ☐ Laughter.
- ☐ Something else.

♥ One thing that brought me comfort today

♥♥ One thing I'm grateful for

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PAGE 7 – My Daily Reflection

Take a few minutes to check in with yourself.

♥♥ Today I feel...

♥♥ The hardest part of today was...

♥♥ I coped today by...

♥ One thing I'm proud of today

♥ Remember

Recovery doesn't happen all at once.

Some days will feel harder than others, and that's okay.

Every small step you take is a sign of strength.

You are worthy of hope, kindness and support.

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PAGE 8 – Building a Daily Routine

When you're experiencing depression, having a simple routine can make each day feel a little more manageable.

You don't need to do everything.

Just start with one small step.

♥ Today's Routine

☐ Get out of bed.

- ☐ Open the curtains.
- ☐ Drink a glass of water.
- ☐ Eat breakfast.
- ☐ Spend 10 minutes outside.
- ☐ Complete one small task.
- ☐ Talk to someone.
- ☐ Relax before bed.

♥ One routine I'd like to build

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PAGE 9 – Understanding Your Triggers

Sometimes our mood can be affected by situations, thoughts or events.

Learning what affects you can help you prepare and respond more kindly to yourself.

♥ Things that can affect my mood

- ☐ Poor sleep
- ☐ Stress

☐ Loneliness

☐ Financial worries

☐ Work

☐ Relationships

☐ Health concerns

☐ Feeling overwhelmed

☐ Change

☐ Other

♥ My biggest trigger is...

♥ One thing that may help

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PAGE 10 – My Support Network

Recovery doesn't have to happen alone.

Think about the people and services that help you feel supported.

♥ People I can contact

Family

Friend

Healthcare Professional

Support Group

Other

♥ If I'm having a difficult day, I will...

☐ Talk to someone.

☐ Go for a walk.

- ☐ Read my workbook.
- ☐ Listen to calming music.
- ☐ Journal my thoughts.
- ☐ Be patient with myself.

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PAGE 11 – Looking Forward

Depression can make it difficult to imagine things getting better.

Recovery isn't about feeling happy every day.

It's about taking one small step, one day at a time.

 Looking ahead...

One thing I hope for

One thing I'll continue doing

One thing I want to let go of

♥ Remember

You have already taken an important step by working through this workbook.

Keep going.

Keep believing in yourself.

Even on difficult days, your life has value and your wellbeing matters.

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PAGE 12 – Challenging Negative Thinking

Depression can make negative thoughts feel like facts.

Learning to question these thoughts can help you develop a kinder and more balanced way of thinking.

♥ My negative thought

♥ Is this thought completely true?

☐ Yes

☐ No

☐ I'm not sure

♥ A kinder way of looking at this situation

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PAGE 13 – Finding Joy Again

Depression can make it difficult to enjoy things you once loved.

You don't have to wait until you "feel like it."

Sometimes taking a small step comes first.

♥ Things I used to enjoy

☐ Walking

☐ Reading

☐ Music

- ☐ Films
- ☐ Gardening
- ☐ Cooking
- ☐ Drawing
- ☐ Photography
- ☐ Time with family
- ☐ Time with friends
- ☐ Other

♥ One activity I'll try this week

♥ How did it make me feel?

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PAGE 14 – My Gratitude Journal

Even on difficult days, there can still be small moments worth noticing.

♥ Today I'm grateful for...

1.

2.

3.

♥ Something that made me smile today

♥ One thing I'm proud of today

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PAGE 15 – Weekly Reflection

Take a few moments to reflect on your week.

♥ This week I managed to...

♥ Something that helped me most

♥ One thing I learned about myself

♥ My goal for next week

♥ Remember

Recovery isn't about becoming a different person.

It's about taking small steps towards feeling more like yourself again.

Be patient.

Be kind.

Keep going.

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PAGE 16 – Looking After Your Body

Depression can affect your energy, appetite and sleep. Looking after your body is an important part of supporting your mental wellbeing.

Remember, you don't have to do everything at once. Small steps matter.

♥ Today's Wellbeing Checklist

- ☐ Drank enough water
- ☐ Ate regular meals
- ☐ Took my medication (if prescribed)
- ☐ Had some fresh air
- ☐ Moved my body
- ☐ Got some rest

☐ Reduced screen time

☐ Practised self-care

♥ One healthy habit I'd like to improve

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PAGE 17 – Being Kind to Yourself

When you're living with depression, it's easy to become your own biggest critic.

Try speaking to yourself as you would speak to someone you care about.

♥ Complete these sentences

Today I forgive myself for...

Today I am proud of myself because...

Today I will remind myself...

♥ Positive Reminders

- ☐ I am doing my best.
- ☐ I deserve kindness.
- ☐ Healing takes time.
- ☐ I am not alone.
- ☐ Better days can come.

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PAGE 18 – My Daily Wins

Recovery is built through small achievements.

♥ Today I...

- ☐ Got out of bed.
- ☐ Had a shower or wash.
- ☐ Ate a meal.

☐ Went outside.

☐ Completed a task.

☐ Talked to someone.

☐ Smiled today.

☐ Took time to rest.

☐ Practised self-care.

☐ Asked for help.

♥ My biggest achievement today

♥ How does this make me feel?

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PAGE 19 – Hope for Tomorrow

Recovery isn't about feeling happy every day.

It's about believing that things can improve, even if progress feels slow.

♥ Looking ahead...

Tomorrow I would like to...

This week I will...

One thing I'm looking forward to...

♥ Remember

Your depression does not define who you are.

You are more than your struggles.

Keep taking one small step at a time.

Every step forward is a step towards hope.

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PAGE 20 – Understanding Isolation

Depression can make you want to withdraw from family, friends and activities. While spending time alone can sometimes help, long periods of isolation can make depression feel even heavier.

Remember, even a small connection with someone can make a difference.

 Today I connected with...

- ☐ Family
- ☐ Friend
- ☐ Colleague
- ☐ Neighbour
- ☐ Support Group
- ☐ Online Community
- ☐ Healthcare Professional
- ☐ Other

 One person I can reach out to this week

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PAGE 21 – Understanding Your Emotions

There is no right or wrong way to feel.

Understanding your emotions can help you respond with kindness rather than judgement.

♥ Today I feel...

- ☐ Happy
- ☐ Calm
- ☐ Hopeful
- ☐ Low
- ☐ Lonely
- ☐ Angry
- ☐ Frustrated
- ☐ Numb
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Other

♥ What may have caused these feelings?

♥ What do I need right now?

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PAGE 22 – Things I Can Control

Depression can make life feel overwhelming.

When everything feels too much, focus on the things you can control.

♥ Today I can...

☐ Drink water.

☐ Eat something.

☐ Open the curtains.

☐ Go outside.

☐ Take my medication (if prescribed).

- ☐ Call someone.
- ☐ Take a shower.
- ☐ Rest.
- ☐ Practice self-care.
- ☐ Be kind to myself.

♥ One positive choice I'll make today

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PAGE 23 – My Recovery Reflection

Take a moment to recognise your progress.

♥ Since starting this workbook...

I have learned...

I have become stronger by...

One thing I will continue doing...

♥ Remember

Recovery isn't about rushing.

It's about giving yourself the time, care and compassion you deserve.

Every day you choose to keep going is an achievement.

There is hope, even if you can't see it today.

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PAGE 24 – Sleep & Depression

Depression can affect your sleep in different ways. Some people find it difficult to sleep, while others sleep much more than usual.

A regular bedtime routine can help support your wellbeing.

♥ Tonight I will try to:

- ☐ Go to bed at the same time.
- ☐ Avoid my phone before bed.
- ☐ Read a book.
- ☐ Listen to calming music.
- ☐ Practice deep breathing.
- ☐ Keep my bedroom quiet and comfortable.
- ☐ Write down any worries before sleeping.
- ☐ Be patient with myself if I can't sleep.

♥ One thing that helps me relax before bed

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PAGE 25 – Finding Purpose Again

Depression can make life feel empty or without direction.

Purpose doesn't have to be something big.

It can begin with one meaningful action each day.

♥ Things that give my life meaning

- ☐ Family
- ☐ Friends
- ☐ Pets
- ☐ Helping others
- ☐ Nature
- ☐ Faith or spirituality
- ☐ Learning
- ☐ Volunteering
- ☐ Hobbies
- ☐ Other

♥ One thing I'd like to spend more time doing

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PAGE 26 – My Self-Care Planner

Taking care of yourself isn't selfish—it's part of recovery.

♥ This week I will...

- ☐ Drink enough water.
- ☐ Eat regular meals.
- ☐ Spend time outdoors.
- ☐ Move my body.
- ☐ Get enough rest.
- ☐ Spend time with someone I trust.
- ☐ Practice mindfulness.
- ☐ Journal my thoughts.
- ☐ Do something I enjoy.
- ☐ Celebrate small achievements.

♥ My self-care goal this week

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PAGE 27 – Looking Towards Tomorrow

You've taken time to learn about depression, understand your feelings and develop new ways to support your wellbeing.

That is something to be proud of.

♥ Looking ahead...

One thing I hope for

One strength I've discovered

One promise I'll make to myself

♥ Remember

Depression is something you experience.

It is not who you are.

Recovery takes time, and every small step matters.

Keep showing yourself kindness.

Keep believing that change is possible.

You are worthy of hope, care and support. 

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PAGE 28 – Rediscovering What You Enjoy

Depression can make activities you once enjoyed feel difficult or uninteresting. Recovery often begins by trying small things again, even if you don't feel motivated at first.

 Activities I'd like to try again

- ☐ Walking
- ☐ Reading
- ☐ Listening to music
- ☐ Gardening
- ☐ Cooking
- ☐ Drawing or painting
- ☐ Photography
- ☐ Spending time with friends
- ☐ Spending time with family
- ☐ Watching a favourite film
- ☐ Other

♥ One activity I'll try this week

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PAGE 29 – Building Healthy Habits

Healthy habits don't need to be perfect—they just need to be consistent.

♥ This week I will aim to...

- ☐ Drink more water.
- ☐ Eat regular meals.
- ☐ Spend time outdoors.
- ☐ Move my body.
- ☐ Get enough sleep.
- ☐ Reduce screen time.
- ☐ Practice gratitude.
- ☐ Be kinder to myself.
- ☐ Ask for help if I need it.
- ☐ Take regular breaks.

♥ The habit I want to improve most

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PAGE 30 – My Support Plan

Recovery is easier when you know where to turn.

♥ People I can contact

Family

Friend

GP or Healthcare Professional

Support Group

Other

♥ When I notice I'm struggling, I will...

- ☐ Tell someone how I feel.
- ☐ Read through this workbook.
- ☐ Go for a walk.
- ☐ Practice deep breathing.
- ☐ Use grounding techniques.
- ☐ Rest without feeling guilty.
- ☐ Reach out for support.

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PAGE 31 – Weekly Reflection

Take a moment to recognise your progress.

♥ This week I achieved...

♥ Something I found difficult...

♥ Something that helped me...

♥ My goal for next week...

♥ Remember

Healing isn't about rushing to the finish line.

It's about taking one small step after another.

Every positive choice you make matters.

Be proud of how far you've come.

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PAGE 32 – Managing Difficult Days

Everyone has difficult days during recovery. A setback doesn't mean you've failed—it simply means you're human.

When today feels difficult, focus on getting through one hour at a time.

♥ Today I will...

- ☐ Get out of bed.
- ☐ Drink some water.
- ☐ Eat something nourishing.
- ☐ Open the curtains.
- ☐ Spend five minutes outside.
- ☐ Take slow, deep breaths.
- ☐ Reach out to someone if I need support.
- ☐ Be kind to myself.

♥ One thing I can do today

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PAGE 33 – Recognising My Strengths

Depression often hides our strengths, but they are still there.

♥ My strengths

- ☐ Kind
- ☐ Caring
- ☐ Honest
- ☐ Brave
- ☐ Patient
- ☐ Loyal
- ☐ Compassionate
- ☐ Determined
- ☐ Creative
- ☐ Helpful
- ☐ Other

♥ Three things I'm proud of

1.

2.

3.

♥ One strength I'd like to use more often

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PAGE 34 – My Personal Recovery Toolkit

Everyone's recovery is different. Create your own toolkit to use whenever you're having a difficult day.

♥ Things that help me

☐ Going for a walk

☐ Talking to someone

☐ Deep breathing

☐ Listening to music

☐ Reading

☐ Journaling

☐ Spending time in nature

☐ Watching a favourite film

☐ Playing with a pet

☐ Mindfulness

☐ Resting

☐ Other

♥ My most helpful coping strategy

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PAGE 35 – My Journey Continues

Take a moment to look back at how far you've come.

♥ Since beginning this workbook...

I have learned...

I have become better at...

I want to continue...

♥ Remember

Recovery isn't about never having difficult days.

It's about learning that difficult days don't last forever.

Keep taking one small step at a time.

You deserve hope.

You deserve kindness.

You deserve support.

♥ There is always hope.

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PAGE 36 – Preparing for Tough Days

Recovery isn't always a straight line. Some days will feel easier than others, and that's okay.

Having a simple plan can help when you're struggling.

♥♥ When I'm having a difficult day, I will...

- ☐ Get out of bed if I can.
- ☐ Drink a glass of water.
- ☐ Eat something nourishing.
- ☐ Open the curtains.
- ☐ Take five slow breaths.
- ☐ Reach out to someone I trust.
- ☐ Read a few pages of this workbook.
- ☐ Be patient with myself.

♥♥ One thing that usually helps me

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PAGE 37 – Looking After My Future Self

Every healthy choice you make today is a gift to your future self.

♥ This month I want to...

♥ I want to spend more time...

♥ I want to spend less time...

♥ One new healthy habit I'll continue

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PAGE 38 – My Personal Wellbeing Plan

Use this page whenever you need a reminder of what supports your wellbeing.

Things that help me feel better

- ☐ Going outside
- ☐ Talking to someone
- ☐ Walking
- ☐ Listening to music
- ☐ Reading
- ☐ Journaling
- ☐ Spending time with family
- ☐ Spending time with friends
- ☐ Resting
- ☐ Practising gratitude
- ☐ Other

My wellbeing promise

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PAGE 39 – Congratulations

♥ You Have Completed the Depression Recovery Workbook

Well done for taking the time to invest in your mental health and wellbeing.

Recovery isn't about being perfect.

It's about choosing to keep going, even on the difficult days.

Take pride in every small step you've taken.

Remember the skills you've learned.

Keep using the tools that work for you.

Be kind to yourself.

There is hope.

♥ My Commitment

From today, I promise to continue looking after my wellbeing by:

Name:

Date:

Signature (Optional):

Final Reminder

This workbook is a self-help resource designed to support your wellbeing. If you're finding things difficult or your symptoms are worsening, please speak to your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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