GRATITUDE JOURNAL PROMPTS FOR DEPRESSION

1. One thing that affected your mindset?
2. Write about times when you feel depressed.
3. Write about common reactions of people around you when you feel anxious or depressed.
4. How do you usually cope with your depression?
5. What are things that help you feel better when you're feeling down?
6. Write about a time when things felt hopeless, but you got through it.
7. What are things that you're grateful for, even on tough days?
8. What stops you from getting better and coping with depression?
9. Write about one memory that you'd want to relive even today.
10. One self-care strategy to include in the usual routine?
11. What are those clues warning you that you're going to break down?

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