

Activity 7

Estimated Time: 10 minutes

Many people who have depression fall into a thought process that makes them feel weak, especially because of the myth that depression is a sign of weakness. One way that a person can bring themselves out of this thought process is to talk to friends or family. Make a list of a few friends and family that you would be comfortable talking to when you feel down about yourself and weak. Think about how you will explain your feelings to them and anticipate the questions they might have.