

Name: _____

Date: _____

OVERCOMING DEPRESSION TOOLS

G X R O Q C K E V J W K E H H R Z Y N A M I G N
X G C A H F E R Y Z L F T N E I L I S E R E N C
U P W Y W Z I B Q M E L J O P W G V W E Y H Z B
U U I K B Y Z B Y O G A Z W A R R I O R U T R F
Z L Q T Y B V E A B Q D Y C K W S U F A E A E D
O Y A C L S U P P O R T C I R C L E R R Y E J V
L E H O B B Y L W A F I G S K I D T W T P R X Y
J O U R N A L A I J Q H E D I S T U O O G B T D
X B T D O O V N A O C D F L N T N Q O F U G L I
F A X N B P B Z F T R V F C D V Q N M E Q X C N
C T S B N I G O E F C E N F E T A R D Y H B Q A
I K H A R G I R S K K O A W N Z N L T Y A K K K
F P I P D A T Y S L I H W C P G T D N E A T L I
B O G D R S V W A T S A V I H P H G C L S Y Y Q
E I H F S M D E A C R N H G L O T S W E B G J T
U B E G U I T C M F C S A C Y M U J M C S V A R
H M R O X I I J E C S E U I R R D T S W H I A I
M C P Q L D R Z M C O T P T M U S R R B K E N X
D F O N E C W X V M H Y H T K Q H B E Q P Y H Z
H D W M A T B P G F L H Q M J E U C M O O D L E
G D E W J O U U Y K N C R T L V P E H R H R D K
Q Q R M C X Z V I T A M I N S A Q J Q C B J U X
K L S P A L K Y T G C E W I G E N I T U O R I P
M A Q H X X J I L P A F C U Q G X O Q U K N N A

SUPPORT CIRCLE

HIGHER POWER

GO OUTSIDE

MEDICATION

REACH OUT

RESILIENT

VITAMINS

ROUTINE

BREATHE

JOURNAL

STRETCH

HYDRATE

WARRIOR

ACCEPT

CHURCH

HOBBY

BRAVE

PLAN

HOPE

YOGA