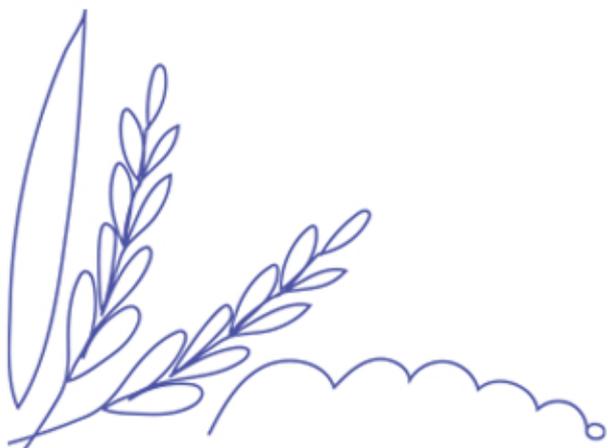




DEPRESSION HEALING JOURNAL

Depression can feel heavy, but you don't have to go through it silently. This journal gives you space to process emotions, track patterns, and remind yourself of small progress, even when it doesn't feel visible.



DAILY MOOD+ENERGY LOG

Date _____

Mood today 😞 😐 😓 🥲 😭

Energy level **1** 2 3 4 5 6 7 8 9 10

What feels hardest today _____

One thing I managed to do _____

Something I need _____

Thought and Feeling Release

What I'm feeling right now

Why I think I feel this way

If this feeling could speak, it would say

One comforting truth I can remind myself

Low day Check In

When I'm struggling, I can

- Drink water
- Open a window
- Write my feelings _____
- Take a shower
- Text someone
- Eat something small
- Lie down without guilt



SELF COMPASSION PROMPTS

What do I wish someone would say to me right now?

Something that hurt me but also shaped me

What's something I've overcome that I forget to give myself credit for?

Right now I need less of , and more of

What makes me feel safe or calm?

What do I miss about the old me?

I feel most seen/loved when

One tiny thing that might make today lighter

If I could take away one worry today, it would be





PROGRESS CHECK-IN (Weekly or Monthly)

Healing Reflection

This week/month, I

Felt lowest when _____

Felt a tiny bit better when _____

Managed to do _____

Struggled with _____

Want to try next _____

SAFETY AND SOOTHING

My Safe Space Tools

People I can speak to

Things that calm me _____

Letter to Self

If future me looked back at today, they would say _____





Notes

Doodle/Braindump

END OF MONTH REFLECTION



Something that hurt this month _____

Something that sokened _____

Someone or something that helped _____

I want to release _____

I want more of _____

My healing score 1 2 3 4 5 6 7 8 9 10