



“My Lifelines” Worksheet for Getting Through Depression

“When you feel like you're drowning, this is your raft.”

Use this worksheet when you're struggling, feeling low, or want to prepare ahead. It's your personal emotional emergency kit—built with intention, hope, and healing.

1. Coping Skills That Work for Me

List practical actions or mental shifts that help you feel grounded, even just a little. These can be skills you've used before or ones you're willing to try.

Examples:

10-minute rule (doing something for 10 minutes)

Journaling

Deep breathing or body scan

Playing music or listening to calming sounds

Taking a shower

Holding ice or grounding with the 5-4-3-2-1 method

My Coping Skills List:

1. _____
2. _____
3. _____
4. _____
5. _____

2. Dreams I’m Holding on To

What do you still want to see, do, feel, or become—even if it feels far away right now?

Examples:

Travel to somewhere you've always wanted to go

Write a book or share your story

Build a safe home

Heal enough to help others

Start a garden, a business, or a new career

Feel real joy again

My Dreams:

1. _____
2. _____
3. _____
4. _____
5. _____

3. Safe Places I Can Go

List real or imagined places where you feel calmer, more like yourself, or at peace.

Examples:

My grandmother's backyard—in memory or imagination
A local trail, park, or coffee shop
A library or bookstore
My room with soft lighting
A spiritual space
The beach or forest in my mind

My Go-To Safe Places:

1. _____
2. _____
3. _____
4. _____
5. _____

4. “One Thing” Action Steps I Can Try

List small actions that might help shift your day forward when depression clouds everything.
Keep them short and doable.

Examples:

Put on clean clothes
Text someone I trust
Drink a full glass of water
Step outside for 2 minutes
Pet my dog
Play one uplifting song
Write down 3 things I've survived

Today, I can try doing just one thing from this list:

1. _____

2. _____
3. _____
4. _____
5. _____

5. Safe People I Can Call or Message

When you're spiraling, isolated, or scared, connection can be your lifeline. List people you can contact. You don't have to have a full conversation—just a “*Can I talk?*” is enough.

Examples:

A close friend who listens

A sibling or parent

A support group member

Therapist

Sponsor or peer mentor

Crisis line (e.g., 988 in the U.S.)

My Safe Contact List:

1. **Name:** _____ **Contact:** _____
2. **Name:** _____ **Contact:** _____
3. **Name:** _____ **Contact:** _____
4. **Name:** _____ **Contact:** _____
5. **Emergency/Crisis Number:** _____

Bonus: “Gratitude Snapshot”

Optional Daily Practice

Even on the hardest days, try to list just one small thing you're grateful for.

Today I'm grateful for:
