

Depression Life



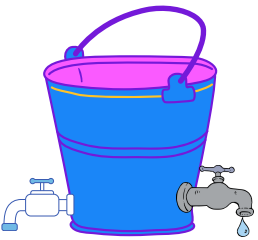
Social: Do you tend to isolate? How do you challenge that and access social support?



Masking: Do you feel the need to mask? When are you able to take a break?



Acceptance: Depression makes it rain sometimes. Will you resist it or do what you can to manage it?



Stress bucket: How can you minimize stress coming in?

How can you maximize coping to release stress?

How can you maximize your bucket capacity?
