

Pocket Support

Sometimes in life we simply need some extra support. Whether we are grocery shopping, overwhelmed at work or with family, or simply just need a quick reminder, it is important for us to be able to depend on ourselves to keep ourselves well! This Pocket Support worksheet can help with that. It's simple; fill the worksheet with what you want to be reminded of in those times of need. Then fold it up, stick it in your wallet, and go about your day! Whenever you need to remind yourself you can do it, your pocket support will be right there for you!

Inspirational quotes

"We must accept finite disappointment, but never lose infinite hope" Dr. Martin Luther King, Jr.

Pick-me-up people

Who is there for you to call or visit for support?

Ex. Family, friends, support groups, counselors, hotlines, etc.

Fun and positive activities

What are your outlets? What can you do to keep your mind and body well?

Ex: Jogging, walking, yoga, meditation, journaling, basketball, sewing, knitting, reading, etc.

Reasons to keep pushing

When you feel depressed, what are your motivations to keep pushing forward? What are your goals, your values, and your passions?

Reminders for myself

What do you need to remind yourself of when you begin to feel low, depressed, sad or overwhelmed? What kinds of things did you learn in therapy?

"I am in control, not my feelings."
