

Authenticity

When navigating depression, it is very common to feel disconnected with ourselves, numb, and a sense of apathy to the world around us. During times like these, it becomes really important to do the little things that matter to us so we can feel connected with who we are that is much greater than the pain we feel. These aim of these activities is to explore getting more in touch with ourselves.

IDEAS

For a full week, practice everyday when you wake up taking three deep breaths and asking yourself: How do I feel at this very moment? Set up a timer on your phone in between 2-5 minutes and journal on it, if you want to keep going after that time, go on... but commit to that minimum. Ex: I feel sad, tired, I am dreading the day ahead... or I don't feel anything and am frustrated, irritated... I feel rested and even though I'm sad I have glimpses of hope....Be fully honest and give it as much details as possible. Don't judge what is coming up as good or bad, or create stories around it... stick to the feelings. Once finished take another 3 deep breaths and move on with your day.

At the end of the day, try to write down a list of 3 things you were grateful for about that day. Do it, even if you cannot connect with the feeling of gratitude right now. Just write it down. Ex: I am grateful I did my morning journal activity. I am grateful I had food in my fridge. I am grateful I took a warm shower today....

Throughout the week reflect on and write it down 8 qualities that you have: 2 internal (exemple: kind, sensitive, caring...); 2 external (ex: legs to walk, ease to breathe, beautiful hair...); 2 that you have accomplished in life (ex: I graduated high school, I am doing therapy, I can cook...); 2 that other have shared about you, if you don't know ask. (Ex: I'm a good listener, I'm honest, I'm a good cook, I'm funny...).