

# Identifying Triggers

You're not alone in your feelings of depression - I've been there too!

Depression can be caused by many things, like genetics, brain chemistry, past experiences, living out of alignment with your values, and even stress from everyday life. Things like lack of sleep, or personal pressures can make it worse.

Figuring out what triggers your depression can really help. It's like connecting the dots - seeing what situations, people, or thoughts tend to make things worse. Once you know, you can start making small changes, like setting boundaries or finding tools to cope better. It's not about fixing everything all at once but giving yourself a bit more control and understanding over what's going on.

**The worksheet below is here to help you identify those triggers and find practical ways to regain balance.**

You can create a healthier relationship with depressive thoughts and build resilience. Revisit this worksheet regularly to refine your strategies and track your growth.


You've got this!


# Identifying Triggers

Think about 2-3 recent times when you felt particularly depressed.  
Use the prompts below to guide your reflections:

- What was happening when you started to feel this way?


**Moment 1** 


**Moment 2** 

**Moment 3** 

- Were there specific events, people, or situations that contributed to the feeling?

**Moment 1** 


**Moment 2** 

**Moment 3** 

- How did your body react? (e.g., tight chest, racing heart, fatigue)

**Moment 1** 

**Moment 2** 

**Moment 3** 

# Identifying Triggers

Take a look back at your answers on the previous page.

- Are there common themes or triggers in the situations? (e.g., deadlines, conflicts, lack of sleep)



- What emotions came up most often when you felt this way? (e.g., anxiety, frustration, helplessness)



- Are there specific times of day or environments where low mood particularly tends to occur? (e.g., mornings, busy places)



# Identifying Triggers

For each trigger you identified, think about one practical step you can take to reduce its impact.

For example:

- Trigger: Looking in the mirror
- Strategy: Rather than avoiding mirrors, I will look and say an affirmation: "I am beautiful"
  
- Trigger: Being alone for long periods.
- Strategy: Schedule regular check-ins with friends or family, or with a support group.

Trigger



Strategy



Trigger



Strategy



Trigger



Strategy



