

Coping with Depression

Overview

Depression can lower motivation and energy. These skills help reactivate the body and rebuild dopamine naturally.

Skills

- Behavioral Activation: Choose one small, doable goal each day.
- Gratitude Reflection: Write 3 things that went well or you handled with strength.
- Dopamine Boosters: Sleep, Sunlight, Nutrition, Movement, Connection

Reflection Prompts

- What's one small action I can take today?
- Which activity gives me a spark of energy or pleasure?

YouTube Links

Video Resources:

- [Behavioral Activation](#) – Therapy in a Nutshell:
- [Boosting Dopamine](#) – Andrew Huberman:
- [Guided Gratitude Practice](#) – Mindful Movement: