

# ACCOMPLISHMENTS



When you think of accomplishments, we often think of big life moments. Anyone Celebrating all accomplishments, big or small should be implemented in your everyday lives. All of your accomplishments are impactful to your success and deserve to be acknowledged.

## THINGS I'M GOOD AT

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## COMPLIMENTS I HAVE RECIEVED

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WHAT I LIKE ABOUT ME

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CHALLENGES I HAVE OVERCOME

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## I'VE HELPED OTHERS BY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## I'M A GOOD FRIEND BECAUSE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MY BIGGEST ACCOMPLISHMENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## THINGS THAT MAKE ME UNIQUE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# REFRAMING THOUGHTS

Our thoughts determine our behaviour, therefore it is important to have positive thoughts. Try and change the negative thinking into more positive productive thinking.

**Instead of..**

**Try..**

Everyone is going to  
stare at me



People might look at  
me because they like  
my outfit

What if I make a  
mistake



I wont know anyone at  
the party



I don't want to do this



No body at school  
likes me



I am a failure



I am going to come  
last





# **SPEAK KINDLY TO YOURSELF**



**I AM  
ENOUGH**

**I BELIEVE  
IN ME**

**I AM  
WORTHY OF  
LOVE**

**I TAKE  
CARE OF  
MYSELF**

**I AM IN  
CHARGE OF  
MY DESTINY**

**IT'S OK TO  
MAKE  
MISTAKES**

**I  
AM  
BEAUTIFUL**

**I CAN DO  
HARD  
THINGS**

**I MAKE  
PEOPLE  
SMILE**

**I'M FLAWED  
AND STILL  
FABULOUS**

**I AM SO  
LOVED**

**I AM A GOOD  
PERSON**

**I AM  
BRAVE**

**TODAY IS  
MY DAY**

# FEELINGS TRACKER

This feelings tracker will help you to keep track of how you are feeling each day. If you felt the below feeling throughout the day, color in the appropriate space, you may feel one feeling a day or more. There are 3 empty spaces for you to add your own.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
HAPPY																																		
SAD																																		
WORRIED																																		

## NOTES

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# DEPRESSION TRIGGERS



Stressful or unfamiliar situations and events that cause feelings of fear, worry, or unease, is what people call depression triggers. Specific situations or actions may cause depression such as, social media, break ups, death, social events and more. Everyone's triggers may be different, however it is important to recognise your triggers.

## WHEN THIS HAPPENS

Blank space for writing when the trigger occurs.

## THIS IS WHAT I THINK

Blank space for writing thoughts.

## WHEN THIS WHAT I FEEL

Blank space for writing feelings.

## WHAT I CAN DO IN THIS EVENT TO REDUCE MY DEPRESSION

Blank space for writing coping strategies.

# Depression Action Plan

## BEHAVIOUR

**INCREASE**

**REDUCE/STOP**

**HOW WILL THIS MAKE ME  
BEHAVE DIFFERENTLY?**

## THOUGHTS

**INCREASE**

**REDUCE/STOP**

**HOW WILL THIS MAKE ME  
BEHAVE DIFFERENTLY?**

## FEELINGS/EMOTIONS

**INCREASE**

**REDUCE/STOP**

**HOW WILL THIS MAKE ME  
BEHAVE DIFFERENTLY?**

"Feeling upset about something outside of your control is like sitting on a rocking chair....

It gives you something to do, but it doesn't get you anywhere"

## Things I can NOT control

- So I can let Go of these things



# HAPPY CHEMICALS

AND HOW TO ACCESS THEM

## Dopamine

The Reward Chemical

- Completing a task
- Eating food
- Doing self care activities
- Celebrating small wins
- Achieving goals

## Oxytocin

The Love hormone

- Playing with a pet
- Physical affection
- Give a compliment
- Do something nice for someone
- Hugging your family

## Serotonin

The Mood Stabilizer

- Meditate
- Swimming
- Walk in nature
- Spend time in the sun
- Mindfulness activities

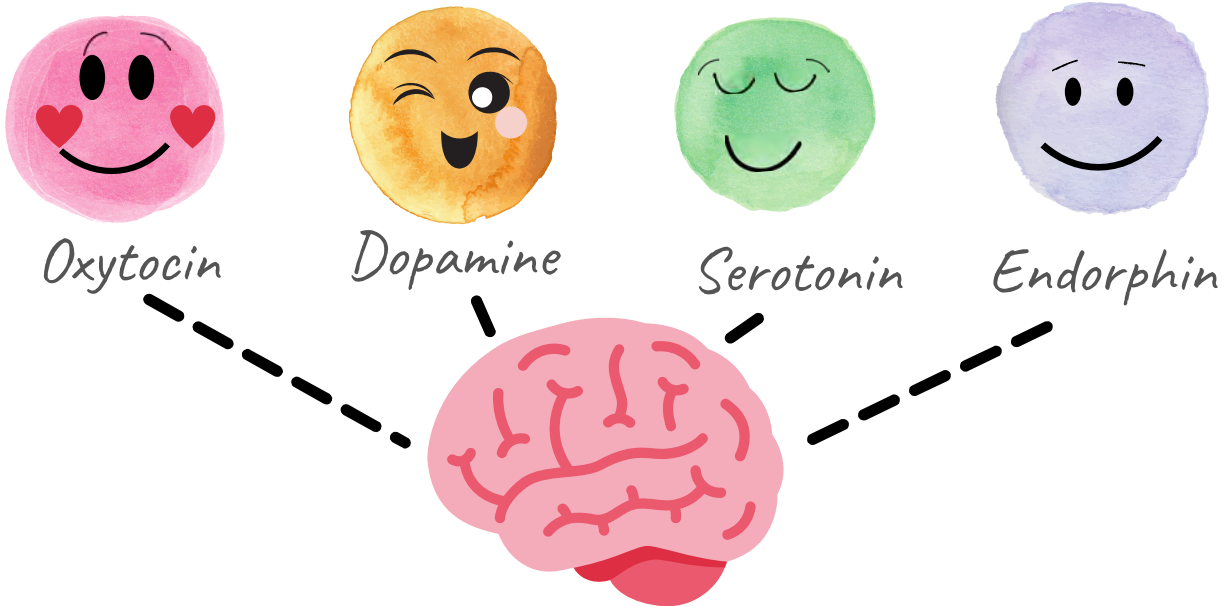
## Endorphin

The Pain Killer

- Laugh
- Watch a funny movie
- Eat dark chocolate
- Essential oils
- Exercise



# HELPING YOUR DEPRESSION WITH THE 'HAPPY CHEMICALS'



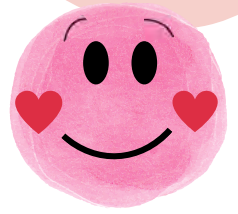
## What are they?

Chemicals are produced by different glands across your body, they travel through the bloodstream, acting as messengers and play a part in helping regulate your mood.

Certain chemicals help promote positive feelings, including happiness, joy and pleasure.

There are four primary chemicals that can drive the positive emotions you feel throughout the day, also known as 'The Happy Chemicals', dopamine, oxytocin, serotonin, and endorphins.

# ACCESSING THE 'LOVE HORMONE'



## OXYTOCIN The Love hormone

The happiness chemical that helps us feel loved and connected to others is oxytocin.

Oxytocin is known as the love chemical as it is released when we have human-to-human contact such as hugging and kissing,

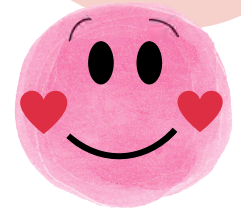
It is also released when we feel trust. Social trust feels good because social alliances promote survival.

There are several things that you can do to help release oxytocin such as

- Yoga
- Listening to music
- Getting or giving a massage
- Spending time with friends
- Engaging in conversations

**Write down 3 ways in which you could help release Oxytocin, try and be specific, how will you do it, where, when and with who?**

# ACCESSING THE 'REWARD CHEMICAL'



## DOPAMINE The Reward Chemical

Dopamine is often known as the reward or pleasure chemical, this chemical is released during activities that are considered pleasurable, such as exercise or eating. It rewards us with a hit of happiness and also when we expect a reward. It's that exciting feeling we get when we are about to be rewarded.

It accesses several areas of the brain and therefore, can affect many different functions such as memory, learning, behaviour and movement.

There are several things that you can do to help release dopamine, such as

- Completing tasks
- Eating your favorite food
- Practicing self care
- Celebrating small achievements
- Setting goals and working towards them

**Write down 3 ways in which you could help release Dopamine, try and be specific, how will you do it, where, when and with who?**

# ACCESSING THE 'PAIN KILLER'



## ENDORPHIN *The Pain Killer*

Endorphins are considered natural pain relievers and mood boosters. It's released during laughter, exercise, listening to music and eating chocolate.

Endorphins act directly on the brain's opioid receptors and thereby reduce the feeling of pain. When it is released, endorphins result in an energized, excited feeling.

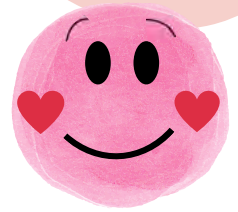
Additionally, endorphins are released when we are feeling physical pain to give you a brief moment of excitement as a survival mechanism. Laughing and crying also releases small bursts of endorphin.

There are several things that you can do to help release endorphin's, such as

- Laughing out loud
- Watching a funny movie
- Eat dark chocolate
- Use essential oils
- Exercise

**Write down 3 ways in which you could help release Endorphin, try and be specific, how will you do it, where, when and with who?**

# ACCESSING THE 'MOOD STABILIZER'



## SEROTONIN The Mood Stabilizer

Serotonin is one of the key hormones linked to our emotions and mood. It's associated with satisfaction and optimism, and also has a role in our physical health.

Serotonin flows through the brain when we feel important and significant with ourselves and from others. When we feel confident and take pride in our achievement and work, serotonin starts flowing.

There are several things that you can do to help release serotonin, such as

- Meditating
- Swimming
- Walking in nature
- Spend time in the sun
- Practice mindfulness

**Write down 3 ways in which you could help release serotonin, try and be specific, how will you do it, where, when and with who?**