FREE TOOLKIT · WORKSHEET 02 · LOW MOOD & DEPRESSION

Break the Loop

Depression tells you to wait until you feel like it. The research says the opposite: action first, feeling follows. Here's the first step when you've got nothing left.

B.Y.M.H
BUILD YOUR MENTAL HEALTH

1 The honest check

DATA, NOT JUDGMENT

Check what's been true most days for the last two weeks.

- [ ] Low energy, most days
- [ ] Nothing sounds fun
- [ ] Sleep is off
- [ ] Pulling away from people
- [ ] Harsh self-talk
- [ ] Can't get started
- [ ] Everything feels heavy
- [ ] Numb or flat

How long has it felt like this? _____

4+ boxes for 2+ weeks is worth a conversation with a professional. That's not weakness — that's data.

2 See the loop

DEPRESSION RUNS ON A CYCLE

You don't have to fix the feeling first. You have to **interrupt the loop** — at its weakest link.

Feel low → **Do less** → **Less reward, less connection** → **Feel lower** ↺

Where is my loop right now? The thing I've stopped doing that used to help: _____

10-MINUTE RULE

3 Action first, feeling follows

This is one of the most proven tools for depression, and it's simple. Pick **one** from each column and do it for 10 minutes. You don't have to want to. You just have to start — then decide.

BODY
- [ ] Sunlight in the first 30 min
- [ ] 10-minute walk, no phone
- [ ] Shower + real clothes

PEOPLE
- [ ] Text one person "thinking of you"
- [ ] Sit in the same room as someone
- [ ] Say yes to one small invite

MASTERY
- [ ] Make the bed
- [ ] One dish, one email, one call
- [ ] Finish one tiny thing (done > perfect)

Tomorrow at _____ I will _____

4 Talk back to the loop

DEPRESSION LIES — CONVINCINGLY

The thought depression keeps repeating to me:

_____

If my best friend said that about themselves, I'd tell them:

_____

_____

You don't have to win the argument. You just have to do the next small thing anyway. That's the rep.

B.Y.M.H

This is one tool. There's a whole toolbox.

Build Your Mental Health is a course built for the days you can't get started. Small reps, real momentum, and a place to share your wins every week.

Toolbox inside →
richieleatherwood.com/free-tools