

2024 ANXIETY & DEPRESSION WORKBOOK



This Book Belongs To

2024

CALENDAR

January

Mo	Tu	We	Th	Fr	Sa	Su
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				

February

Mo	Tu	We	Th	Fr	Sa	Su
			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			

March

Mo	Tu	We	Th	Fr	Sa	Su
				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

April

Mo	Tu	We	Th	Fr	Sa	Su
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					

May

Mo	Tu	We	Th	Fr	Sa	Su
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20	21	22	23	24	25	26
27	28	29	30	31		

June

Mo	Tu	We	Th	Fr	Sa	Su
					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

July

Mo	Tu	We	Th	Fr	Sa	Su
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				

August

Mo	Tu	We	Th	Fr	Sa	Su
			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	

September

Mo	Tu	We	Th	Fr	Sa	Su
						1
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23	24	25	26	27	28	29
30						

October

Mo	Tu	We	Th	Fr	Sa	Su
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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

November

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
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18	19	20	21	22	23	24
25	26	27	28	29	30	

December

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						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Daily Planner

Date : _____
S M T W T F S

Today's Goal

☐☐☐

Priority List

☐☐☐

Meal Plan

Breakfast

Lunch

Dinner

Snack

Today i'm grateful for

Notes

Today Schedule

07.00

08.00

09.00

10.00

11.00

12.00

13.00

14.00

15.00

16.00

17.00

18.00

19.00

20.00

Weekly Planner

WEEK OF _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PRIORITIES

TO-DO

NOTES

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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				

Notes

[illegible]

February

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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			

Self-care

Notes

[illegible]

March

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				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

Self-care

Notes

[illegible]

April

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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					

Self-care

Notes

[illegible]

May

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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		

Self-care

Notes

[illegible]

June

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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

Self-care

Notes

[illegible]

July

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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				

Self-care

Notes

[illegible]

August

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Self-care

Notes

[illegible]

September

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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						

Self-care

Notes

[illegible]

October

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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				

Self-care

Notes

[illegible]

November

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				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	

Self-care

Notes

[illegible]

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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					

Self-care

[illegible]

Notes

[illegible]

Sleep Tracker

MONTH:

[illegible]

Mood Chart

MONTH:

DAY	AWESOME	GOOD	NEUTRAL	BAD	TERRIBLE
DAY 01					
DAY 02					
DAY 03					
DAY 04					
DAY 05					
DAY 06					
DAY 07					
DAY 08					
DAY 09					
DAY 10					
DAY 11					
DAY 12					
DAY 13					
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DAY 26					
DAY 27					
DAY 28					
DAY 29					
DAY 30					
DAY 31					

Habit Tracker

WEEK:

HABIT	SUN	MON	TUE	WED	THU	FRI	SAT

NOTES

Appointments

PLACE:

DATE:

DOCTOR:

APPOINTMENT PURPOSE:

QUESTIONS TO ASK

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DOCTOR NOTES

AFTER APPOINTMENT TO-DO LIST

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Medication Tracker

[illegible]

Gratitude Journal

DATE: _____

DATE _____

Self Care Log

SELF CARE TASK	SUN	MON	TUE	WED	THU	FRI	SAT

NOTES

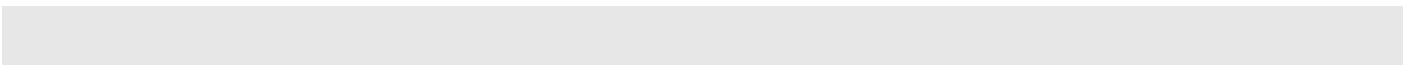
Medication Log

[illegible]

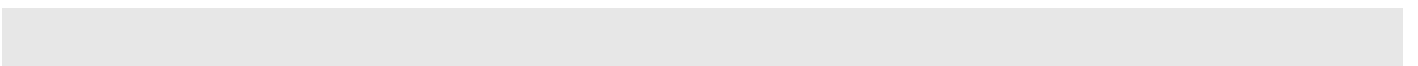
Inspirations



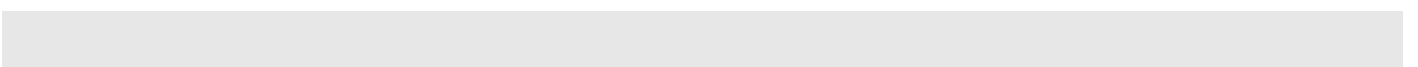
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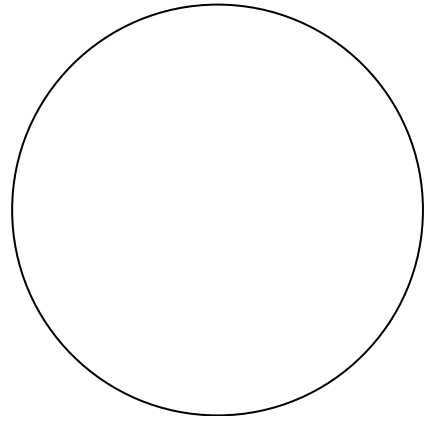
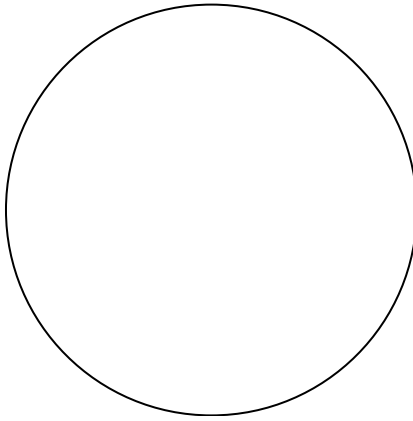
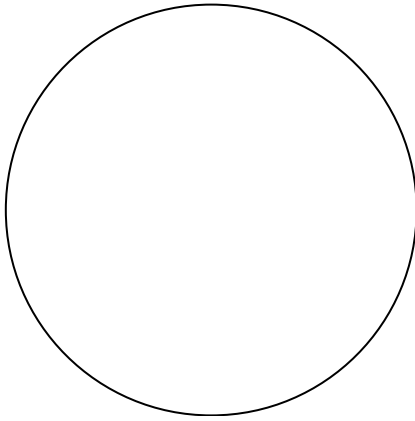


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Inspirations

[illegible]

Affirmations



MY POSITIVE AFFIRMATION STATEMENT

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Goal Planner

START DATE:**END DATE:**

MY GOALS

AFFIRMATION/QUOTE

ACTION PLANS

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REFRAME My Thoughts

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

NEGATIVE THOUGHT

POSITIVE THOUGHT

BEHAVIOR Tracker

SELF CARE TASK	SUN	MON	TUE	WED	THU	FRI	SAT

BEHAVIOR I STRUGGLED ME THE MOST THIS WEEK	TECHNIQUES THAT HELP ME TO AVIOD THESE BEHAVIOR

DYSFUNCTIONAL Thoughts Record

WHAT HAPPENED?

HOW DO I FEEL RIGHT NOW?

WHAT BOTHERS ME IN THIS SITUATION?

RATIONAL RESPONSE TO NEGATIVE THOUGHTS?

HOW DO I FEEL NOW?

SURVIVAL Planner

[illegible]

DAILY Thought Challenge

Date: _____

WHAT WAS THE WORST PART OF MY DAY

--

MY NEGATIVE THOUGHTS COMING UP

MY KINDER WAY TO LOOK AT IT

HOW CAN I WORD IT NICER

HOW CAN I COPE?

--

CURRENT Situation

Date: _____

MY CURRENT SITUATION

CONCERNS ABOUT MY CURRENT SITUATION

THINGS I AM GRATEFUL FOR DESPITE MY SITUATION

WHAT IS MY DESIRED OUTCOME?

ACTIVITIES Tracker

ACTIVITIES I LOVE DOING AT HOME

ACTIVITIES I LOVE DOING OUTSIDE

ACTIVITIES I LOVE DOING WITH OTHERS

ACTIVITIES I AM EXCITED TO TRY

Symptoms Tracker























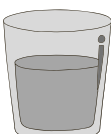
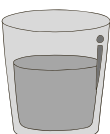
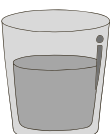
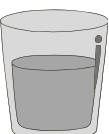
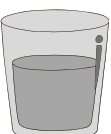
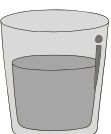
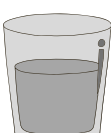
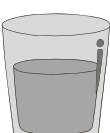
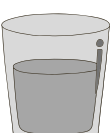
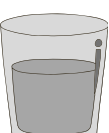
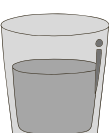
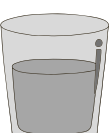






[illegible]

Medications Tracker

[illegible]

Water Tracker

Week: _____

Mon	     
Tue	     
Wed	     
Thu	     
Fri	     
Sat	     
Sun	     

VISION Board

A large, empty rectangular box with rounded corners, intended for a vision board. The box is light gray and occupies the majority of the page below the title.

BUCKET List

[illegible][illegible]

Thought Record

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

Event

What happened?

Feelings

How did it make me feel?

Thoughts

What was I telling myself when the event was happening?

Behaviour

What was my response to the situation?

Supportive evidence

Why is my thought true?

Non-supportive evidence

Why might my thought not be true?

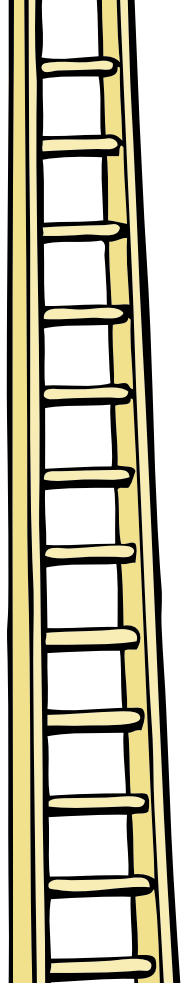
Stepladder Goals

To help a child face and overcome a fear through gradual exposure.

My goal is:

My end reward is:

Steps to success	Anxiety rating scale	Reward for success



YOUR MENTAL HEALTH MATTERS

Symptoms of Depression

Depression is a serious mental health condition that affects people from all walks of life. If you have symptoms, please seek help as there are many treatment options available.

1

Insert first symptom

2

Insert second symptom

3

Insert third symptom

4

Insert fourth symptom

5

Insert fifth symptom

6

Insert sixth symptom

My Anxiety

3 THINGS THAT TRIGGER MY ANXIETY

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3 THINGS I TEND TO HAVE WHEN ANXIOUS

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3 PHYSICAL SYMPTOMS I HAVE WHEN ANXIOUS

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Anxiety Checklist

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Anxiety Checklist

"I act with confidence because I know what am doing."

"I am different and unique, and that is OK."

"I am safe in the company of others."

"Day by day, minute to minute am capable and prepared"

"I am prepared and ready for this situation."

"People assume can do this, know I can and I will."

"I am at ease when talking to other people."

"I have survived my anxiety before. I will survive it now"

Dream Journal

Today's Date:

Where: Location/Place:

When: Time Of Day/Season:

Are You Alone:

**Are Recurring themes, Landscapes or
Objects:**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ANALYZE YOUR MOOD

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Day Overview							
People I Met Today							
Track Your Mood	Joyful	Joyful	Joyful	Joyful	Joyful	Joyful	Joyful
	Happy	Happy	Happy	Happy	Happy	Happy	Happy
	Hopeful	Hopeful	Hopeful	Hopeful	Hopeful	Hopeful	Hopeful
	Exhausted	Exhausted	Exhausted	Exhausted	Exhausted	Exhausted	Exhausted
	Irritated	Irritated	Irritated	Irritated	Irritated	Irritated	Irritated
	Sad	Sad	Sad	Sad	Sad	Sad	Sad
	Guilty	Guilty	Guilty	Guilty	Guilty	Guilty	Guilty
	Depressed	Depressed	Depressed	Depressed	Depressed	Depressed	Depressed
	Stressed	Stressed	Stressed	Stressed	Stressed	Stressed	Stressed
	Loving	Loving	Loving	Loving	Loving	Loving	Loving
	Envious	Envious	Envious	Envious	Envious	Envious	Envious
	Jealous	Jealous	Jealous	Jealous	Jealous	Jealous	Jealous
	Shamed	Shamed	Shamed	Shamed	Shamed	Shamed	Shamed
	Lonely	Lonely	Lonely	Lonely	Lonely	Lonely	Lonely
	Appreciated	Appreciated	Appreciated	Appreciated	Appreciated	Appreciated	Appreciated
Others							

Deep Breath Assistance

[illegible]

Being Present

Smell	Hear	Touch
Taste	See	Emotionally

Habit Tacker

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Week of:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Week of:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Week of:

My Mindset

[illegible]

Doctor Visits

[illegible]

Medication Tracker

[illegible]

Therapy Notes

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Important

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Notes

Appointments

Month:

[illegible]

Notes

Mood Tracker

Mood:

Date:

Time:

My Emotions:

Highlights of the day

Things that can be improved

☐☐☐☐☐☐☐☐

What Made Me Feel That Day?

Stress Factor

[illegible]

Chance Mindset

[illegible]

My Goals

Goal:	Start:	End:
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My Goal:

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Reaching My Goals	Things that Will Help To Reach My Goal
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Notes:

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Yearly Life Goals

January	February	March
April	May	June
July	August	September
October	November	December

*Thank
You*