



# One Step Ahead of Empty

When depression lingers, even small tasks can feel like heavy lifts. This worksheet helps you identify what's draining your energy and gently reintroduces moments of meaning, no matter how small.

## What's Getting Me Through

Identify your current survival mechanisms—focusing on tasks not emotions, keeping busy, tuning out, or avoiding energy-draining situations.

## Mental Weight

Name one or two thoughts that are looping or weighing you down lately.

## Small Wins

Celebrate tiny victories—drinking water, texting someone who cares, stepping outside, or simply acknowledging "Today is hard."

## Hidden Energy

Complete: "If I had even a little more energy or clarity, I'd want to..." Your desires still exist beneath the heaviness.

What You Don't Say Sometimes it's not what we say—it's what we bury. When depression shows up on the job, it often hides behind silence, sarcasm, or just pushing through. This worksheet invites you to explore the parts of yourself you've been keeping quiet.

1. How I Respond When Someone Asks, "You Good?"

- a. ☐ I deflect with humor or sarcasm
- b. ☐ I say "yeah" even when I'm not
- c. ☐ I change the subject
- d. ☐ I avoid people so they won't ask
- e. ☐ Other: \_\_\_\_\_

2. Things I've Wanted to Say But Haven't Finish this sentence at least twice: "I wish someone knew..."

1. My Silence Is Trying to Protect Me From...

- a. ☐ Judgment or being labeled weak
- b. ☐ Embarrassment or loss of respect
- c. ☐ Not knowing what to do next
- d. ☐ Opening up something I can't close
- e. ☐ Other: \_\_\_\_\_

2. One Thing I Might Say—Just to Myself—for Now Write down one truth or feeling you've been holding back, just for your own eyes