



navigating **DEPRESSION**

40 cards for building resilience,
mental health and wellbeing

Digital cards



**Innovative
Resources**

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WHERE AM I?





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WHERE AM I?

What's happening around me?

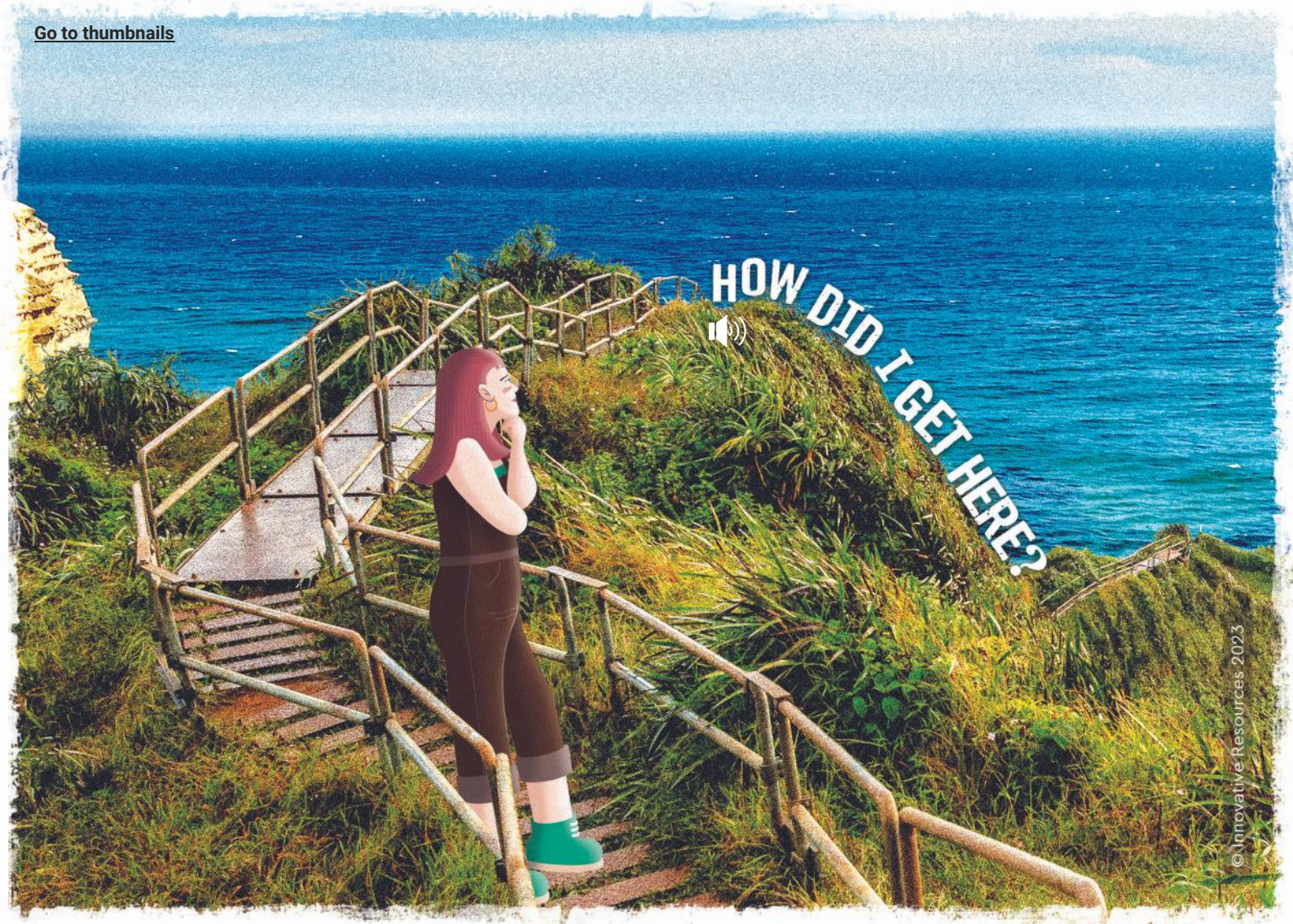
What's happening inside me?



SUIT 1 - CARD 1

ENTERING THE TERRITORY

HOW DID I GET HERE?





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HOW DID I GET HERE?

What has brought me to this moment?

Has what I've been doing helped?



HAVE I
BEEN HERE
BEFORE?





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HAVE I BEEN HERE BEFORE?

What's familiar about this territory?

Is this a well-worn path?



SUIT 1 - CARD 3

ENTERING THE TERRITORY



WHERE AM I HEADED?





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WHERE AM I HEADED?

If I keep moving in this direction, where will I end up?

Where do I want to go?



SUIT 1 - CARD 4
ENTERING THE TERRITORY

CAN I CHANGE DIRECTION?





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CAN I CHANGE DIRECTION?

What other paths could I choose?

What would help me change course?



SUIT 1 - CARD 5

ENTERING THE TERRITORY

SAD





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SAD

I know I'm down when ...

It's okay to feel sad sometimes because ...



SUIT 2 - CARD 6
MAPPING THE TERRAIN

NUMB





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NUMB

When I'm feeling flat, I no longer enjoy ...

I start to feel more alive when ...



SUIT 2 - CARD 7
MAPPING THE TERRAIN



 EXHAUSTED



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EXHAUSTED

When I'm weighed down I notice that ...

I feel more energised when ...



SUIT 2 - CARD 8

MAPPING THE TERRAIN

STUCK





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STUCK

I feel trapped when ...

I find it easier to get moving if ...



SUIT 2 - CARD 9
MAPPING THE TERRAIN

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HOPELESS





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HOPELESS

I know despair has the upper-hand when ...

Some things that help me feel more hopeful are ...



SUIT 2 - CARD 10
MAPPING THE TERRAIN

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SCARED





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SCARED

The things I'm most afraid of are ...

I soothe my fear by ...



SUIT 2 - CARD 11
MAPPING THE TERRAIN



ANGRY



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ANGRY

I lose my temper when ...

Some things that help me cool down include ...



SUIT 2 - CARD 12
MAPPING THE TERRAIN



DREAD





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DREAD

When I'm imagining the worst, I ...

I can challenge negative thoughts by ...



SUIT 2 - CARD 13

MAPPING THE TERRAIN



LOST





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LOST

I know I've lost direction when ...

I can find my way by ...



SUIT 2 - CARD 14
MAPPING THE TERRAIN

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STRUGGLING





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STRUGGLING

Things feel unbearable when ...

When I let go of the struggle, even for a moment, I notice ...



SUIT 2 - CARD 15
MAPPING THE TERRAIN

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OBSESSING





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OBSESSING

Over-thinking leaves me feeling ...

I can create a clearing in my mind by ...



SUIT 2 - CARD 16
MAPPING THE TERRAIN



LONELY





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LONELY

I feel isolated when ...

I connect with people by ...



SUIT 2 - CARD 17
MAPPING THE TERRAIN

INNER CRITIC





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INNER CRITIC

My harsh inner voice tells me ...

I could be kinder to myself by ...



SUIT 2 - CARD 18
MAPPING THE TERRAIN

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MOMENTS OF LIGHT





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MOMENTS OF LIGHT

Even in the darkness, things feel brighter when ...

I am uplifted by ...



SUIT 2 - CARD 19
MAPPING THE TERRAIN

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CULTIVATING CALM





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CULTIVATING CALM

Imagine you are an old tree. Stand, grow tall and feel the ground beneath your feet. Notice how calm and centred you are.

Take a long breath in, then release it slowly. Repeat this several times.



Hold onto this grounded feeling of calm as you move out of the exercise.



SUIT 3 - CARD 20

TOOLS FOR THE JOURNEY



BEING PRESENT





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BEING PRESENT

Bring your awareness to what you are experiencing right now. What are you seeing and hearing?

Scan your body. What do you notice?
Describe each sensation.



Observe how your mind wanders into the past or future. Gently bring your attention back to this moment, right here and now.



SUIT 3 - CARD 21

TOOLS FOR THE JOURNEY

OBSERVING THOUGHTS





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OBSERVING THOUGHTS

Find a comfortable place to sit, close your eyes and take three slow, deep breaths.

Observe your thoughts as they arise in your mind. Notice which thoughts feel most familiar. Which ones are helpful? Which ones feel harmful?



Now, step back from your thoughts. Let them drift by, like clouds in the sky.



SUIT 3 - CARD 22

TOOLS FOR THE JOURNEY

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ACCEPTING FEELINGS





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ACCEPTING FEELINGS

Rather than avoiding challenging feelings, practice gently being with them.

Place one hand on your belly and one on your chest. Take a few slow, deep breaths.



Acknowledge any feelings by saying out loud 3 times:

I feel...[insert feeling]

I allow myself to feel...

I accept that I feel...

I make peace with feeling...



OFFERING KINDNESS





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OFFERING KINDNESS

Bring to mind someone experiencing struggle or suffering. Imagine saying to them, *'You deserve to feel safe, healthy and happy'*. What do you notice?



Now bring that same feeling of compassion and support towards yourself, letting it fill you up. Notice how it feels to be on your own side.



SUIT 3 - CARD 24

TOOLS FOR THE JOURNEY

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RECHARGING





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RECHARGING

Create a list of all the activities that nourish, rejuvenate or inspire you, like spending time with family or friends, outdoor activities, being creative, exercising, cooking, playing with your pet, travelling, spending time in nature, volunteering, relaxing or doing things you're passionate about.



Make a plan to do some of these activities this week.



SUIT 3 - CARD 25

TOOLS FOR THE JOURNEY



GETTING ACTIVE



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GETTING ACTIVE

Getting active is one of the most effective antidepressants.

Brainstorm a list of fun, simple and achievable physical activities you enjoy or would like to try. Choose 1-2 activities you will do this week.



If you find it hard to stay motivated, think about who could help. A friend or family member? A group?



SUIT 3 - CARD 26

TOOLS FOR THE JOURNEY

PURSUIING PURPOSE





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PURSuing PURPOSE

List the following headings: family, partner, friends, work, learning, health, hobbies, creativity, spirituality, community.



On a scale of one to ten, rate how important each of these things is to you. Now rate how much time you actually give to each of these. What do you notice?

How can you do more of the things that matter?



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GROWING STRENGTHS





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GROWING STRENGTHS

Growing strengths and personal qualities builds resilience.

Imagine you want to cultivate gratitude. Bring to mind all the things you feel grateful for. Grow these feelings by lingering in them. The more you enrich and absorb the experience of gratitude, the stronger it will become.



Choose a strength or quality you would like to grow.



SUIT 3 - CARD 28

TOOLS FOR THE JOURNEY

TAKING CHARGE





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TAKING CHARGE

Depression can leave us feeling like we have no control over our life. Taking small actions or making decisions each day can help us feel more empowered.



Make a list of 3 small actions you can do today. Celebrate by ticking them off your list as you do them.

Notice the feeling of satisfaction you get from doing what you set out to do.





BEING BRAVE





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BEING BRAVE

Changing your body posture can help you feel more courageous.

Think of people or movie characters who are brave. How do they hold their bodies? Stand up and copy their posture. What do you notice?



Now picture your body posture when you are feeling down. What do you notice?

When you want to feel brave, start by changing your posture.



An illustration of an elderly woman with short grey hair and yellow-rimmed glasses, wearing a purple long-sleeved shirt and dark pants, holding a small bouquet of sunflowers. She is smiling and looking towards a young man. The young man has dark hair, is wearing a red long-sleeved shirt and dark pants, and has his hands outstretched in a friendly gesture. They are standing in a vast field of sunflowers under a bright blue sky with scattered white clouds. The overall style is a soft, painterly illustration.

NURTURING RELATIONSHIPS



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NURTURING RELATIONSHIPS

Life is not a solo journey and we know that positive relationships help lift mood.

Make a list of the people or groups who encourage and support you. What's one simple thing you could do to show them your appreciation?



Who would you like to connect with more? Choose a person or group you will contact this week.



SUIT 3 - CARD 31

TOOLS FOR THE JOURNEY

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DIGGING DEEP





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DIGGING DEEP

Getting where you want to go often takes grit, passion and perseverance.



Look back at the times you accomplished something that took effort and sustained commitment. What strengths or mindsets did you draw upon to help you stay focussed? What else did you do? How could you do more of this now?

Do more of what works. You've got this!



SUIT 3 - CARD 32

TOOLS FOR THE JOURNEY

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CREATING HELPFUL HABITS





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CREATING HELPFUL HABITS

Habits and routines can support or undermine us.

Write a list of your habits and routines. Which ones are helpful? Which ones would you like to change?



Are there any new habits you would like to add?

Choose a change to make this week. Notice what happens.



SUIT 3 - CARD 33

TOOLS FOR THE JOURNEY

SEEKING HELP





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SEEKING HELP

Asking for help can be hard, but having support and encouragement can make all the difference.



Create a list of five people, services or groups that could offer you support right now.

Describe how you would contact them and what you would say. What would you like from them?



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BUILDING HOPE





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BUILDING HOPE

Hope is something you can grow by reminding yourself of the good things you have accomplished in your life.

Make a list of things you are proud of.



What strengths and personal qualities did you draw on to help you achieve these things? Who or what else helped?

Put this list up somewhere you will see it often.



LEARNING FROM EXPERIENCE





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LEARNING FROM EXPERIENCE

Life is full of lessons and learning opportunities. Let's pause to take stock and reflect on your journey so far.



Looking back on your life, what are some of the biggest challenges you've overcome?

What did you learn that could help you in the future?



SUIT 4 - CARD 36

LOOKING BACK, MOVING FORWARD

BREAKING THE CYCLE





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BREAKING THE CYCLE

We gain knowledge and insight by surviving tough times.

Reflecting on your past experiences, what things typically trigger a downward spiral in your mood?



For each trigger or warning sign, what strategy or resource could you use to help restore your wellbeing? Who could help you do this?



SUIT 4 - CARD 37

LOOKING BACK, MOVING FORWARD



CELEBRATING THE GOOD





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CELEBRATING THE GOOD

By acknowledging and celebrating life's highlights, we can build appreciation for ourselves and our experiences.



Think about some of your peak experiences, relive them in your imagination and let your memories fill you up.

Do you regularly acknowledge the good things in your life? How could you celebrate more?



SUIT 4 - CARD 38

LOOKING BACK, MOVING FORWARD

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FINDING MEANING





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FINDING MEANING

Living a life of meaning and purpose can come from clarifying your personal values and putting these into action.



What things truly matter to you? What sort of person do you want to be? How do you want to grow and contribute?

How can you put your deepest values into action?





MOVING FORWARD





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MOVING FORWARD

Take a moment to reflect on where you want to be a year from now.

Imagine you are there now. How do you feel? What are you thinking and doing? What do the people around you notice about you?



Create a picture of this future (draw it, write it, make a collage, use photos).

Place it somewhere you will see it every day to inspire you!



SUIT 4 - CARD 40

LOOKING BACK, MOVING FORWARD

