

## Self-Care Work Sheet #2: Spend Time With Supportive People

You might feel like staying away from other people, or think that others won't want to be around you when you are depressed. But you need support from people who care about you.

If you can, tell them how you feel so they can encourage and support you. If you can't talk at all, that's OK. Just ask them to be with you and maybe join you for one of your activities.

### MY PLAN

Who can I talk to? \_\_\_\_\_

Who will support me? \_\_\_\_\_

What person or group of people is most likely to lift my mood? \_\_\_\_\_

\_\_\_\_\_

During the next week, I will make contact for at least \_\_\_\_\_ minutes (again, make it easy and reasonable!)

With (name): \_\_\_\_\_

Doing/talking about: \_\_\_\_\_

\_\_\_\_\_