

There are hundreds of things to consider in your life and we suggest you stop and think about them in this section. There is space below to jot some of these down. You might be able to think of more as you go about your day and notice things that are OK. Depression causes people to notice all the things that are not OK. In fact, often it makes OK things look as though they're not. You can start to reverse this process by making yourself notice things that are OK. Once you start to notice things that are OK, you will start to naturally see more and more things that are positive in your life.

### *Things that are OK*

Things about where I live (e.g. I like the fact my house is close to a corner shop, my house is nice overall, I like my garden, etc.)

*Additional tools*

Things about my school (e.g. I quite like one of my subjects and the teacher is OK, our uniform is not too bad, etc.)

Things about the people in my family (e.g. My mum is good to talk to sometimes, I like seeing my cousins, etc.)

Things I own (e.g. I love my phone, my trainers are quite cool, etc.)

*Am I Depressed and What Can I Do About It?*

Things about people or animals I care about (e.g. My dog is so funny sometimes, my sister is OK most of the time, etc.)

Things about my health and body (e.g. I am pretty healthy overall, I think my hair is OK, I'm pretty strong, etc.)

Things about my freedom to do things if I choose (e.g. I can go out and see friends if I want to, I could join a club or sport team if I wanted to, etc.)

*Additional tools*

Things about my comfort (e.g. I have a nice bedroom, the food I eat is OK, etc.)

Things about my country (e.g. Most people have freedom in my country, I like the fact that my country supports lots of different sports, etc.)

Tiny little things (e.g. I have some cool clothes, I got a text from my friend the other day, etc.)

*Am I Depressed and What Can I Do About It?*

What am I OK at? (e.g. I'm a pretty good listener, I know how to fix a bike, I can swim, I'm a fast runner, etc.)