

# FIND THE WORD YOU NEED TODAY

## Depression

Don't rush. Let your eyes wander. Which word finds you first?

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| V | D | V | J | D | Q | B | E | T | C | B | W | C | B | F | E | E | E |

**Words hidden in the puzzle:** HOPE · REST · TOMORROW · GENTLE · BELONGING · KINDNESS · SUPPORT · CONNECTION · SEEN · LIGHT · ENOUGH · HERE · PURPOSE · HEALING · BREATHE · ACCEPTANCE · COMFORT · QUIET · PRESENCE · CHOICE

You do not need to find them all. This is not a test. Notice the word that seems to come forward today.

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# THE WORD THAT FOUND ME

Depression can make everything feel heavy, distant or flat. Sometimes it is easier to begin with one small word than with a big question such as 'How am I feeling?'

**My word today is:**

**Why might I need this word today?**

**What could this word look like in real life?**

If your word was **REST**, it might mean allowing yourself to stop without earning it first. If it was **CONNECTION**, it might mean sitting beside someone, sending a message, or simply letting another person know today is difficult. If it was **HOPE**, you do not have to feel hopeful all day. It might simply mean leaving a small space for the possibility that this moment is not the whole story.

**One small thing I can do in the next hour:**

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# A MESSAGE FROM MAGGIE

When you are living with depression, even being asked what you need can feel like too much. You may know that something is wrong without having the energy or words to explain it. You may feel disconnected from yourself, from other people, or from the version of you that once found ordinary things easier.

That is why I wanted this exercise to be simple. You do not have to analyse yourself. You do not have to complete every line. Let your eyes wander across the letters and notice what appears. One word may feel comforting. Another may make you emotional. You may even feel irritated by a word because it seems too far away from where you are. All of those responses can tell us something.

If **ENOUGH** stands out, perhaps you have been measuring yourself against what you think you should be doing. If **SEEN** appears first, perhaps part of you is tired of hiding how difficult things have become. If **GENTLE** catches your eye, perhaps the way you are speaking to yourself needs to soften. And if you find **TOMORROW**, it does not ask you to solve tomorrow - only to leave room for it to arrive.

Come back to the puzzle another day. Your word may change because you change, your day changes, and your needs change. There is no correct answer here. The purpose is to create a small opening for noticing yourself.

**If you are struggling to keep yourself safe, this worksheet is not a substitute for urgent support.** Reach out to an appropriate health professional, crisis service, emergency service, or someone you trust who can stay with you and help you access support.

**Maggie**

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## A gentle check-in

Right now I notice: \_\_\_\_\_

Something I need less of: \_\_\_\_\_

Something I need more of: \_\_\_\_\_

Someone I can connect with: \_\_\_\_\_