



# Reconnecting With What Matters



Depression can narrow life. Things that once felt meaningful, enjoyable or important may begin to feel distant. Reconnecting does not require you to feel motivated first.

## WHAT MATTERS IS DIFFERENT FOR EVERYONE

Meaning might come from relationships, caring for others, learning, creativity, work, nature, culture, community, health, spirituality, play or something entirely different.

## VALUES ARE DIRECTIONS, NOT TASKS

A value describes how you would like to move through life, such as being caring, curious, courageous or connected. You do not need to achieve a value or do it perfectly.

## DEPRESSION CAN PULL US AWAY

Low energy, withdrawal and hopelessness can make it harder to stay connected with people and activities that matter. This does not mean those things have stopped being important.

## RECONNECTION CAN START VERY SMALL

A meaningful action might be sending one message, sitting outside, doing five minutes of something creative, helping someone, or taking one small step towards a longer-term goal.

## You do not have to feel good for an action to matter.

Sometimes meaning comes from choosing how you want to respond even while low mood, tiredness or difficult thoughts are still present.



# What Matters to Me?



Use these prompts to reconnect with parts of life that feel important to you. It is okay if some areas feel distant or difficult right now.

## PEOPLE & RELATIONSHIPS

Who matters to you? How would you like to show up in your important relationships?

## MYSELF & WELLBEING

How would you like to care for or relate to yourself, particularly when things are difficult?

## WORK, LEARNING OR CONTRIBUTION

What kind of contribution, learning, growth or involvement matters to you?

## INTERESTS, CREATIVITY & ENJOYMENT

What activities, interests or experiences have mattered to you, now or in the past?

## COMMUNITY, CULTURE, NATURE OR SOMETHING BIGGER

Where do you experience belonging, purpose, connection or meaning?

### No need to fill every box

Focus on the areas that feel most relevant to you right now.



# Turning What Matters Into Small Actions



Choose one or two areas that matter to you. Then make the action small enough to be realistic for your current energy and circumstances.

## ONE AREA THAT MATTERS TO ME

What person, relationship, value, activity or direction would you like to reconnect with?

## WHAT DEPRESSION HAS MADE HARDER

How has low mood, withdrawal, low energy or difficult thinking pulled you away from this area?

## ONE VERY SMALL ACTION

What could you do that would move you even slightly towards what matters?

## WHEN COULD I TRY IT?

Choose a realistic time, place or situation. What might make the step easier to begin?

## IF MY MIND SAYS 'THERE'S NO POINT'...

What could you remind yourself about why this small action matters?

### Using this with your psychologist

You can explore what matters to you, what gets in the way and how to make meaningful actions realistic when mood and motivation are low.