

Cognitive Reframing

Self-Isolation:

"My friends and I
can't see eachother"



"My friends and I are
protecting eachother"

"I'm stuck at home"



"I'm safe at home"

"I have lost all
my freedom"



"I have relinquished
my freedom for a
noble purpose"

"I miss the
things I love"



"I'm increasing my
gratitude for the
things I love"



Stay positive in these tough times



@RealDepressionProject