

Resources and Practical Tools for

Living Well with Depression

Practical Strategies for Improving Your Daily Life

Christopher R. Martell

Purchasers of this book have permission to reproduce these supplementary materials for personal use. These may be copied from this website but may not be stored on or distributed from internet sites, intranets, file sharing sites or programs, or made available for resale. No other part of this book may be reproduced, translated, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, microfilming, recording, or otherwise, without written permission from the publisher.

CONTENTS

Activity–Mood Chart	3
Self-Care Plan	4
Resources	5
<i>Recommended Books</i>	5
<i>Mental Health Support</i>	6

ACTIVITY-MOOD CHART

Time	Activity (what and with whom)	Feeling
12 A.M.		
1 A.M.		
2 A.M.		
3 A.M.		
4 A.M.		
5 A.M.		
6 A.M.		
7 A.M.		
8 A.M.		
9 A.M.		
10 A.M.		
11 A.M.		
12 P.M.		
1 P.M.		
2 P.M.		
3 P.M.		
4 P.M.		
5 P.M.		
6 P.M.		
7 P.M.		
8 P.M.		
9 P.M.		
10 P.M.		
11 P.M.		

From *Living Well with Depression* by Christopher R. Martell. Copyright © 2026 The Guilford Press. Permission to photocopy this form, or to download and print additional copies (www.guilford.com/martell3-materials), is granted to purchasers of this book for personal use; see copyright page for details.

SELF-CARE PLAN

Time	Self-Care Task	Completed? (Yes or No)
12 A.M.		
1 A.M.		
2 A.M.		
3 A.M.		
4 A.M.		
5 A.M.		
6 A.M.		
7 A.M.		
8 A.M.		
9 A.M.		
10 A.M.		
11 A.M.		
12 P.M.		
1 P.M.		
2 P.M.		
3 P.M.		
4 P.M.		
5 P.M.		
6 P.M.		
7 P.M.		
8 P.M.		
9 P.M.		
10 P.M.		
11 P.M.		

From *Living Well with Depression* by Christopher R. Martell. Copyright © 2026 The Guilford Press. Permission to photocopy this form, or to download and print additional copies (www.guilford.com/martell3-materials), is granted to purchasers of this book for personal use; see copyright page for details.

Resources

Recommended Books

These books have been written by clinicians and clinical researchers who specialize in treating depression. These titles present in detail the various approaches that have informed the strategies in this book. They have been recommended by the Association for Behavioral and Cognitive Therapies, and many have been bestsellers for decades.

- Addis, M. E. & Martell, C. R. (2004). *Overcoming depression one step at a time: The new behavioral activation approach to getting your life back*. Thousand Oaks, CA: New Harbinger.
- Burns, D. D. (1999). *Feeling good: The new mood therapy*. New York: William Morrow.
- Ellis, T. E., & Neuman, C. F. (1996). *Choosing to live: How to defeat suicide through cognitive therapy*. Thousand Oaks, CA: New Harbinger.
- Gilbert, P. (2001). *Overcoming depression: A step-by-step approach to gaining control over depression* (2nd edition). Oxford, UK: Oxford University Press.
- Greenberger, D., & Padesky, C. A. (2016). *Mind over mood: Change how you feel by changing the way you think* (2nd edition). New York: Guilford Press.
- Hayes, S. C., & Smith, S. L. (2005). *Get out of your mind and into your life: A new acceptance and commitment therapy*. Thousand Oaks: New Harbinger.
- Hershenberg, R. (2017). *Activating happiness: A jump-start guide to overcoming low motivation, depression, or just feeling stuck*. Thousand Oaks, CA: New Harbinger.
- Johnstone, M. (2006). *Living with a black dog: His name is depression*. Kansas City: Andrews McMeel.

- Petit, J. W., & Joiner, T. E. (2005). *The interpersonal solution to depression: A workbook for changing how you feel by changing how you relate*. Thousand Oaks, CA: New Harbinger.
- Williams, M., Teasdale, J., Segal, Z., & Kabat-Zinn, J. (2025). *The mindful way through depression: Freeing yourself from chronic unhappiness* (2nd edition). New York: Guilford Press.
- Young, J. E., & Klosko, J. S. (1993). *Reinventing your life*. New York: Plume.

Mental Health Support

It is hard to live well with depression. Staying well during the hardest times may require that you reach out for help, and, sometimes, a lifeline. Such help is provided by several resources:

- To find resources for mental health support the National Institute of Mental Health (NIMH) has information at: <https://nimh.nih.gov/health/find-help>
- <https://mentalhealthhotline.org/depression-hotline> provides help specifically when you are struggling with depression.
- An instant lifeline is at your fingertips. The Suicide and Crisis Lifeline is 988.
- The International Association for Suicide Prevention has a listing of suicide hotlines around the world: <https://iasp.info/suicidalthoughts>

Self-Harm

- 988 is the Suicide and Crisis Lifeline number
- Text CONNECT to 741741 for crisis support
- International Association for Suicide Prevention: <https://iasp.info/suicidalthoughts>
- The Trevor Project: <https://thetrevorproject.org/resources/article/support-for-self-harm-recovery>