



“Putting On Weather Gear” For Depression Printable PDF

Xerces Simpson, RMHCI (Registered Mental Health Counselor Intern)
& Coach

Everyone has to deal with the weather.

As we know, there are all kinds of bad weather to contend with, and the same is true in life. Fortunately, like the weather, the challenging like conditions we face are often temporary.

Eventually, the sun shines again. In this handout you will think about the kind of weather gear you can put on that will help you to deal with those unpredictable, stormy conditions you may face – regardless of how severe.

There are two parts to this practice.

Follow along with the instructions below.

PART 1. Give your detailed ‘Weather Report.’

Instructions: In the space below, write a few sentences to describe the weather in your life right now. Like your favorite seasoned weather forecaster, describe a weather system that is happening right now, or predict a future weather patter that is headed your way. As you do this, you can answer the following questions:

- **What is the severity of the weather? What kind of storm is this? (Thunderstorms, snow, ice, drizzling rain, tornado, hurricane, heat wave, drought, freezing temperatures, blizzard, sandstorm, etc.)**
- **You can also rate this on a 1-10 scale with 1 the most mild and 10 the most severe.**
 - **Is this weather system slow moving or fast?**
 - **For how long a period of time do you expect this weather will last?**
 - **Is the weather a prediction of what is to come? What kind of weather do you forecast and why?**



“Putting On Weather Gear” For Depression Printable PDF

PART 2. Describe the ‘Weather Gear’ necessary to protect you from the weather.

***Instructions:** In the space below, explore the weather gear that can help you successfully get through either a mild weather system or avoid the damaging consequences of a severe storm.*

Gear can be anything from an umbrella and raincoat to a down jacket and the refuge of a storm shelter. After choosing your weather gear, describe how this weather gear translates into real life skills or resources.

For example, an umbrella to keep you dry from a dreary or persistent drizzle might be listening to uplifting music or having a meal with a good friend. Likewise, the refuge of a storm shelter might be finding those people or resources that can help you deal with your severe storm.

In as much detail you can, describe the weather gear you will need, what this will look like, and how effective you think it will be.

Reflections:

How does giving a weather report help clarify what you need to do to deal with this particular weather pattern or system?
