







## 34 Journal Prompts for Depression Relief

I know what it's like to feel trapped in depression. Once you're in a rut it can feel incredibly difficult, or even impossible, to get out of it.

Thankfully, among other practices such as [yoga](#) and [meditation](#), journaling is a tool that really helps me when I feel stuck in that low mood. It helps me to express my feelings and gain perspective through self-reflection, which lessens the power my emotions have over me.

But I equally understand how [depression can affect your ability to perform acts of self care](#) such as this one. When motivation is low and thoughts are cloudy, thinking about what to write and actually writing it can be a struggle.

At times like this, it can be helpful to have a list of journal prompts for depression at hand. They make journaling so much easier and more rewarding – trust me!



**DEPRESSION**  
**JOURNAL PROMPTS**  
**TO GET**  
**UNSTUCK**  
**EVEN WHEN IT FEELS**  
**IMPOSSIBLE**

