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DEPRESSION DESTROYER

5-DAY PLAN

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WELCOME!

GETTING STARTED

Welcome! You've taken the first step toward breaking free from depressive patterns. This 5-day plan is designed to help you notice thought loops, reconnect with your body, process emotions, and regain a sense of control. Depression is a signal, not a definition – it's your mind and body asking for care and action.

HOW TO USE THIS GUIDE

- Dedicate 15–20 minutes each day.
- Follow the sequence from Day 1 to Day 5.
- Complete the exercises fully, even if small.
- Journal honestly and with compassion.



DAY 1: MINDSET RESET

THEME

Catch negative thought loops early and challenge them.

EXERCISE

List 3 negative or self-defeating thoughts that often appear:

- _____
- _____
- _____

REFLECT & EXAMINE

For each thought, ask yourself:

- Is this thought fact or feeling?
- What evidence contradicts or challenges its validity?

REFRAME

Replace each thought with a more useful, realistic, empowering statement:

- _____
- _____
- _____

DAILY AFFIRMATION & REFLECTION QUESTION

TODAY'S AFFIRMATION:

I am capable of noticing and shifting my thoughts to be more beneficial to who I am becoming.

TODAY'S REFLECTION QUESTION:

What story am I telling myself that isn't true?

DAY 2: BODY ACTIVATION

THEME

Use movement to shift energy and mood.

EXERCISE

Take time to move your body intentionally to boost mood and increase mental clarity:

- 10-minute walk or stretch routine.
- Incorporate micro-movements: shoulder rolls, gentle twists, jaw release, stepping in place.
- Notice your breathing before, during, and after.

ACTION

Record your energy level before and after movement (1-10 scale).

DAILY AFFIRMATION & REFLECTION QUESTION

TODAY'S AFFIRMATION:

I honor my body and move it with purpose.

TODAY'S REFLECTION QUESTION:

How does my body feel when I move intentionally?

DAY 3: EMOTIONAL AWARENESS & RELEASE

THEME

Identify, sit with, and safely express emotions.

EXERCISE

1. Conduct an emotional scan from head to toe, noting tension or sensations.
2. Name your current emotions: anxious, sad, frustrated, unmotivated, joy, excitement, surprise, etc.
3. Choose 1 small emotional release to do right now:
 - *3 deep breaths with voice out loud*
 - *Stretch or shake a limb to release tension.*
 - *Write the emotion in a sentence without judgment.*

DAILY AFFIRMATION & REFLECTION QUESTION

TODAY'S AFFIRMATION:

My emotions are not "bad" - they inform me of what's happening in my internal world. I allow myself to feel my emotions fully and process them safely and maturely.

TODAY'S REFLECTION QUESTION:

Which emotion is asking to be seen today, and how can I acknowledge it?

DAY 4: GRATITUDE & PERSPECTIVE SHIFT

THEME

Shift focus from what's lacking to what's present.

EXERCISE

1. List 5 things you are grateful for today:

- _____
- _____
- _____
- _____
- _____

2. Identify one negative lens or thought from today and reframe it positively or neutrally. Say the reframe outloud.

DAILY AFFIRMATION & REFLECTION QUESTION

TODAY'S AFFIRMATION:

I choose to broaden my perspective beyond what I feel I am missing or lacking. I choose to notice what is good, well, and abundant in my life.

TODAY'S REFLECTION QUESTION:

What small thing am I grateful for right now?

DAY 5: CONNECTION & FORWARD MOMENTUM

THEME

Build energy through support and intentional action.

EXERCISE

1. Reach out to one supportive person, even briefly.
2. Engage in one small meaningful task you've been putting off.
3. Plan one actionable step to carry momentum into tomorrow.

DAILY AFFIRMATION & REFLECTION QUESTION

TODAY'S AFFIRMATION:

*I am supported. I am confident. I am capable.
I nurture healthy, fruitful connections and I steward my energy,
focus, and momentum well.*

TODAY'S REFLECTION QUESTION:

Who or what lifts me up, and how can I engage with that today?



KEEP UP THE MOMENTUM

CLOSING

Congratulations! You've completed the 5-Day Plan! You showed up for yourself for five days – and that matters more than doing this perfectly. Depression often tells the story that effort is pointless or change is impossible. Completing this plan is evidence that movement is possible, even in small steps.

You may repeat this cycle, swap in exercises, or integrate these practices into daily life for ongoing support.

CLOSING AFFIRMATION & REFLECTION QUESTIONS

CLOSING AFFIRMATION:

I am not broken. I am responding to what I've been carrying – and I am allowed to take this one step at a time. I am resilient, I am capable, and I take action for my well-being.

REFLECTION QUESTIONS:

What felt hardest during these five days?

What felt even slightly easier than expected?

What did I learn about myself through taking action?

Which tool or day helped me the most, and why?

What is one small practice I want to carry forward into the next week?



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WANNA LEARN MORE?

If this guide helped you grow in clarity, confidence, or spiritual direction, imagine what could happen with consistent support, intentional strategy, and guided accountability.

My life coaching services are designed to help you move from inspiration to transformation — not by overwhelming you, but by walking with you as you build discipline, strengthen your mindset, and pursue the purpose God has placed on your life. Whether you're navigating transition, needing structure, craving deeper spiritual growth, or simply tired of doing everything alone, you don't have to figure it out by yourself.



If you're ready to

- *gain practical tools and personalized strategies,*
- *break cycles that keep you stuck,*
- *develop a healthier mindset,*
- *grow spiritually and emotionally, and*
- *finally step into the future you've been praying for...*

I'd love to support you!

SCHEDULE A FREE CALL