

BOUNTIFULLY HEALTHY

DEPRESSION AND ANXIETY

A lot of Celiac's experience times of depression and anxiety over their condition.

As someone who has had CD for 9 years, and speaking to many other long-term Celiac's, it is not something that one "just gets over".

We have had to change our whole life. Food surrounds many traditions, holidays, customs, memories and there is a certain amount of grieving involved when it comes to Celiac Disease. In the beginning it may be beneficial to go for therapy of some kind as you adjust and as Long term, if you find yourself still struggling with negative feelings then by all means consider therapy.



DEPRESSION

WORKSHEET

1. Take a moment to write down everything that frustrates you, angers you, annoys you, saddens you about your condition.

A large, empty rectangular area with a light green background, intended for writing the responses to the first question.

2. Now take a moment to write down everything you appreciate about your life right now that is not related to your condition.

A large, empty rectangular area with a light green background, intended for writing the responses to the second question.