



OVERCOMING DEPRESSION

12-Session Self-Applied Digital Participant Workbook PRE-PURCHASE PROGRAM OUTLINE

A professionally structured educational and personal-development program supporting greater understanding of depression, mood awareness, coping strategies, reflective thinking and positive forward planning.

ONLINE PURCHASE - WIX DIGITAL PRODUCT

Complete 12-session self-applied digital participant workbook

AUD \$39.95

One-time purchase | Digital PDF | Individual participant licence

This pre-purchase outline provides prospective participants with a clear overview of the Overcoming Depression program, its 12-session learning pathway, workbook inclusions and Wix purchase information while protecting the complete paid participant exercises, diary activities, worksheets and response templates.



Program Overview

Overcoming Depression is a structured 12-session self-applied digital participant workbook designed to support participants in developing a clearer understanding of depression, recognising changes in mood, examining symptoms, causes and effects, and developing practical strategies that may support personal wellbeing and positive change.

The program follows a progressive learning pathway beginning with identification of the presenting problem and an introduction to depression. Participants then explore low and high mood, management of symptoms, causes and effects, review personal progress, develop an individual action and daily diary plan, and examine the difference between reacting and responding.

Later sessions consider when medical assistance may be required, current thinking in relation to overcoming depression, the program's concept of basic instincts of self, consolidation of learning and development of an individual exit and forward-planning strategy.

Program Purpose

The purpose of the workbook is to provide a structured educational and reflective framework through which participants can increase awareness of depression and mood, identify personal patterns, develop constructive coping and response strategies, recognise when professional assistance may be needed and establish practical steps for continued self-discovery and wellbeing.

12-Session Program Framework

Session 1 - Identification of the Problem and Strategies

Identify the presenting concern, clarify the relationship between the problem and possible solutions, and begin considering practical strategies for positive change.

Session 2 - Understanding Depression

Explore what depression is and develop a clearer understanding of how it can affect feelings, thinking, behaviour and everyday functioning.

Session 3 - Understanding Changes in Mood

Explore the source program's distinction between low mood and high mood and reflect on personal changes in mood and functioning.

Session 4 - Symptoms, Causes and Effects of Depression

Develop awareness of symptoms, possible contributing factors and the ways depression can affect emotional, physical, social and everyday functioning.

Session 5 - Review and Personal Progress

Review the first four sessions and reflect on learning, personal insights, progress and areas requiring further attention.

Session 6 - Individual Action and Daily Diary Plan

Develop an individual action plan supported by a daily diary process focused on the participant's experience of overcoming depression.



12-Session Program Framework - Continued

Session 7 - Reacting Versus Responding

Explore the difference between immediate reaction and considered response, and identify strategies that may support more deliberate choices during emotionally challenging situations.

Session 8 - Recognising When Medical Assistance Is Required

Develop awareness of when and where professional or medical assistance may be appropriate and the importance of seeking qualified support when depression is persistent, severe or affecting safety or daily functioning.

Session 9 - Current Thinking and Overcoming Depression

Reflect on current thinking patterns in relation to depression and identify thoughts that may influence mood, behaviour, coping and personal progress.

Session 10 - Basic Instincts of Self and Depression

Explore the source program's concept of basic instincts of self and consider how depression may affect personal needs, security, relationships and self-perception.

Session 11 - Consolidation

Bring together the learning, strategies and personal insights developed throughout Sessions 1-10 and identify the approaches that are most useful moving forward.

Session 12 - Exit Planning and Continuing Self-Discovery

Develop an individual exit and forward-planning strategy, consider what needs to be understood about depression, continue the journey of self-discovery, monitor negative self-talk and complete the participant feedback questionnaire.

What Participants Receive After Purchase

The complete Overcoming Depression digital participant workbook expands the 12-session framework into a guided self-applied program. The purchased workbook includes:

- Twelve structured participant sessions
- Guided education and personal reflection activities
- Mood, symptom, cause and effect awareness activities
- Progress-review and personal reflection exercises
- Individual action planning and daily diary activities
- Reacting-versus-responding and thinking-pattern reflection
- Guidance on recognising when professional or medical assistance may be required
- Consolidation, exit planning, negative self-talk monitoring and participant feedback

Pre-purchase protection: Detailed participant exercises, diary templates, worksheets, response areas and complete session activities are supplied only within the purchased workbook.

Who Is This Workbook For?

This self-applied workbook is intended for adults seeking a structured educational and personal-development resource to improve their understanding of depression, reflect on mood and thinking patterns, and develop practical strategies that may support personal wellbeing.

- Individuals wanting to better understand depression and changes in mood
- Participants seeking greater awareness of symptoms, contributing factors and effects
- Individuals wanting a structured action and daily diary process
- Participants interested in developing more considered responses to emotional situations
- Individuals wanting to examine thinking patterns and personal coping strategies
- Participants seeking a structured process for consolidation, self-discovery and forward planning

Workbook Information

Product	Overcoming Depression - 12-Session Self-Applied Digital Participant Workbook
Format	Digital PDF participant workbook
Program Length	12 sessions
Participation	Self-applied / independent
Primary Focus	Depression education, mood awareness, reflection, coping and forward planning
Delivery	Digital product via Wix
Licence	Individual participant use
Price	AUD \$39.95

Wix Product Listing

Suggested Wix Product Name

Overcoming Depression - 12-Session Self-Applied Digital Participant Workbook

Short Wix Product Description

A professionally structured 12-session self-applied digital participant workbook supporting greater understanding of depression, mood awareness, personal reflection, coping strategies, action planning and positive forward planning.

Suggested Wix Product Category

Digital Workbooks | Personal Development & Wellbeing Programs



Wix Purchase Options

Option 1 - Purchase Digital Workbook

AUD \$39.95 - One-Time Purchase

Purchase the complete 12-session Overcoming Depression digital participant workbook for individual participant use.

PURCHASE DIGITAL WORKBOOK - AUD \$39.95

Option 2 - Buy Now

Use a direct Wix Buy Now option for customers who are ready to proceed immediately to checkout. After successful payment, the customer receives digital access according to the Wix store delivery settings.

BUY NOW - DIGITAL WORKBOOK

Suggested Wix Checkout Note

Digital Product - Please Read Before Purchasing

This is a digital PDF product. No physical workbook will be posted. Please ensure the email address entered at checkout is correct and securely save your workbook after purchase.

Individual Participant Licence

Purchase provides a licence for one individual participant to use the workbook for personal educational and self-development purposes. The workbook must not be copied, shared, distributed, uploaded, resold, republished or supplied to another person or organisation without prior written permission from Divine Living Solutions.

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Important Program Disclaimer

This workbook is an educational, health-promotion and personal-development resource. It is not a diagnostic or treatment service and does not claim to cure, remove or medically treat depression. It does not replace assessment, diagnosis, medical care, psychological treatment, counselling, medication advice or emergency assistance from appropriately qualified professionals. Participants experiencing persistent or worsening depression, significant impairment, thoughts of self-harm or suicide, or concerns about their immediate safety should seek urgent professional or emergency assistance. Any decisions about medication or treatment should be made with an appropriately qualified health professional.