



DEPRESSION SELF-CARE CHECKLIST

- Clean the dishes** - the only two chores you need to worry about right now are dishes and laundry.
- Eat a real meal** - ready meals or a tin of soup is fine!
- Get some fresh air and sunshine** - walk around the block or just put a chair in the garden and sit in it.
- Take a power pose** - sit or stand up straight, and stretch out your arms and legs.
- Write out your thoughts** - get it out of your head and on to paper.
- Write down three positive things** - they can be tiny things, like a cup of tea.
- Clean yourself** - just wipe your face with a flannel and use some dry shampoo.
- Go to a café** - be around other people.
- Spend time with animals** - they love unconditionally.
- Exercise** - something light, like walking or hatha yoga.