

DEPRESSION CHECKLIST

- ☐ SHOWER AND BRUSH YOUR TEETH
- ☐ PICK AN AFFIRMATION FOR THE DAY
- ☐ WRITE OUT THREE GOALS
- ☐ GO FOR A WALK
- ☐ DRINK WATER
- ☐ TAKE VITAMINS
- ☐ EAT VEGETABLES
- ☐ LISTEN TO YOUR FAVORITE SONGS
- ☐ TALK TO SOMEONE
- ☐ WRITE DOWN FIVE THINGS YOU ARE THANKFUL FOR