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

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