Depression Self-Care Checklist

If you can feel yourself sliding into a downward spiral, this depression self-care checklist will help break the cycle.



- [ ] Clean the dishes
- [ ] Eat a real meal
- [ ] Get some fresh air and sunshine
- [ ] Take a power pose
- [ ] Write it down
- [ ] Write down three positive things
- [ ] Clean yourself
- [ ] Go to a café
- [ ] Spend time with animals
- [ ] Exercise

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