

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