



## Self-Care for Depression

Every step you take, no matter how small you think it is, brings you that much closer to feeling good again.

*I just want to encourage you that you can do this. You can work toward positive changes in your life to help decrease the symptoms of depression. This checklist may help you get back on track! Check off each day you get the healthy item completed. ~ Blessings, Leslie*

### Nutrition

Many studies have linked healthy brain balance with healthy eating. Research shows the following foods and vitamins may be helpful when developing a treatment plan to decrease symptoms of depression. Please talk to your doctor about starting a healthy eating plan to help decrease the symptoms of depression.

SUN | MON | TUES | WED | THURS | FRI | SAT

Omega 3 Fatty Acids

Vitamin B-12

Complex Carbs

Proteins

Fish

Leafy Veggies

Nuts

Fruits

Whole Grains

Lean Meats

You've got to lay off the sugar (it's not helping)

## Hygiene

Sometimes when people go through a depressive episode, they neglect to take care of themselves. Even showering may feel like a chore amidst all of the other pressures that you find yourself under.

SUN | MON | TUES | WED | THURS | FRI | SAT

Shower/Bathe

Brush Teeth

Comb Hair

Wash Face

Shave

Get Dressed

(not in pajamas or lounge clothes)

Wash, Dry, and Iron Clothes

Get a Hair Cut

## Helpful Thoughts

There is a link between what we think and what we feel. If your friend was going through a depressive episode, would you be mean and nasty to him or her? Probably not. This would only add insult to injury. Therefore, I encourage you to be gentle with what you tell yourself as well.

SUN | MON | TUES | WED | THURS | FRI | SAT

I can do this

One thing at a time

Good job, I'm proud of me

I won't give up

Congratulations, I made it through the day

I like my \_\_\_\_\_

I care for myself

I am valuable

I have purpose in this world

It will get better

Let's focus on what I CAN control

**To-Do Today: This list will vary for everyone**

Sometimes when feeling depressed you may feel scatter-brain, cloudy, unsure of what to do and when. Creating a personal to-do list will help you clearly identify the things that you personally need to do today. This may include going grocery shopping, sending e-mails, going to work, reading to your children, etc.

SUN | MON | TUES | WED | THURS | FRI | SAT

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**To-Do This Week: This list will vary for everyone**

When depressed you may procrastinate on the things that need to get done. Before you know it, you may soon fall behind on important deadlines, taking care of personal needs and paying your bills on time. Write down what needs to get done this week and the date it needs to get done by. Look back on it every day and encourage yourself to get each thing done. Crossing it off your list may help as it will create a feeling of accomplishment having met your goals for the week.

SUN | MON | TUES | WED | THURS | FRI | SAT

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**Now that your week is over, take some time for reflection.**

It will be beneficial for you to take some time for reflection as a part of your self-care. You are worthy of your time, love, and attention too! How did it feel getting things done this week? What worked and what didn't? At what times did you feel your depression symptoms decreasing? What new idea can you take into next week?

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