

4 WEEK DEPRESSION CHALLENGE

1

DEVELOP A MANTRA THAT WILL HELP YOU GET THROUGH TODAY

2

IDENTIFY 3 THINGS YOU CAN DO TODAY TO MEET YOUR BASIC NEEDS

3

SPEND INTENTIONAL TIME ON SELF-CARE TODAY. AT THE END OF THE DAY, JOURNAL ABOUT IT

4

IDENTIFY SOMEONE YOU CAN COUNT ON FOR SUPPORT. MAKE A PLAN TO CONTACT THEM TODAY AND ACT ON IT..

5

FOCUS ON YOUR BREATH TODAY. INHALE SLOWLY THROUGH YOUR MOUTH, HOLD, EXHALE THROUGH YOUR MOUTH. REPEAT.

6

TRY TO ENGAGE IN AN ACTIVITY YOU ENJOY FOR AT LEAST 10 MINS. THEN REASSESS DESIRE TO CONTINUE IT.

7

IDENTIFY SOMETHING YOU CAN DO TO HELP SOMEONE ELSE. MAKE A PLAN TO ACT ON IT TODAY.

8

FOCUS ON YOUR SENSES TODAY- WHAT ARE 3 THINGS YOU SEE, HEAR, FEEL, SMELL AND TASTE RIGHT NOW?

9

GET SOME SUNLIGHT TODAY. GO OUTSIDE OR EVEN JUST OPEN A WINDOW.

10

MAKE A PLAYLIST OR VIDEO LIST OF MEDIA THAT MAKES YOU SMILE.

11

WRITE DOWN AN ATTAINABLE ROUTINE FOR THE DAY. INCLUDE TIME FOR BREAKS AND LEISURE

12

WRITE YOURSELF A LETTER OF GRATITUDE AND APPRECIATION

13

RELIVE YOUR CHILDHOOD. PICK AN ACTIVITY YOU LOVED AS A CHILD AND ALLOW YOURSELF TO ENJOY IT AGAIN

14

EAT HEALTHY TODAY. AVOID ALCOHOL/ ANYTHING THAT INCREASES YOUR DEPRESSION.

15

GET MOVING- TAKE A 60 MINUTE WALK, OR DANCE WITH NO INHIBITION

16

MAKE A BULLET LIST OF ALL THE THINGS THAT YOU MADE IT THROUGH TODAY

17

COMMIT TO 8 HOURS OF SLEEP TONIGHT

18

REPEAT TO YOURSELF: I AM NOT MY THOUGHTS AND THOUGHTS ARE NOT FACTS. WRITE THIS DOWN AND PUT IT SOMEWHERE HANDY

19

WRITE A LETTER OF OPTIMISM AND AFFIRMATION TO YOUR FUTURE SELF

20

IDENTIFY SOMETHING YOU HAVE GOTTEN OUT OF THIS CHALLENGE AND HOW YOU CAN CONTINUE TO USE IT