

15 Small Steps to Take When you are Struggling with Depression – pick one or more if you can.

1. Have you had a drink of water today or a warm drink? Have one now
2. Have you eaten something today? Eat a cracker, cereal, piece of fruit, biscuit, slice of bread, carrot, ...take a bite of something now
3. Have you got out of bed today? Move back the covers and sit on the edge of the bed. Stand up, walk around your room, go into a different room of the house. Walk around the house
4. Have you washed today? Splash some water on your face, take a shower, run a bath
5. Have you dressed today? If you are still in your PJ's go to your clothes and chose something comforting, clean, fresh. Put this on now
6. Have you brushed your hair today, put on scent/ makeup, looked in the mirror kindly. Do this now
7. Have you taken a slow deep breath today. Place a hand on your tummy. Pause. Breathe in, slowly, breathe out
8. Have you moved today? Stretch your arms, stretch them out to the side, up in the air; walk around, gently move your body
9. Have you stepped outside today? Open the window, step into the garden, patio, onto the drive, into the street, onto the balcony, just for a moment. Breathe in the fresh air. See if you can feel the fresh air and stay there for 10 seconds, a minute, 5 minutes
10. Have you tidied up today? Give yourself 5 minutes to straighten up the room you are in
11. Have you made your bed – make your bed, straighten the covers, make it ready to be able to get into comfortably when you make it through this day
12. Have you connected with someone today? Send one message or reply to one message on your phone
13. Have you completed a to do list task today. This could be putting the laundry on, emptying the bin, washing up, feeding the cat, sending an email, paying a bill, purchasing a gift for someone, booking an appointment, going to the local shop
14. Have you done one thing today that brings you some light or peace. This could be watching a favourite movie, putting on your favourite song, going for a walk, drawing, painting, cooking, having a bath, reading, gardening, seeing a friend, having a cuddle, giving yourself permission to rest
15. Have you been kind to yourself today. Place a hand on your heart and acknowledge, right now, this is really hard/painful/scary/overwhelming, yet you are doing this. One small step at a time