



DEPRESSION SELF-HELP CHECKLIST

POSITIVE CHOICES I MADE TODAY:	MON	TUES	WEDS	THURS	FRI	SAT	SUN	NOTES
<i>Talked with a friend or family member face-to-face</i>								
<i>Stopped being so hard on myself, challenged my negative thoughts</i>								
<i>Went outside for at least 15 minutes of sunlight (or used a light therapy box)</i>								
<i>Practiced a relaxation technique</i>								
<i>Exercised for 30 minutes or more</i>								
<i>Did at least one thing from my "wellness toolbox"</i>								
<i>Avoided high fat and sugary foods</i>								
<i>Ate one or more "super-foods," such as bananas, brown rice, or spinach</i>								
<i>Boosted my intake of omega-3 and vitamin B</i>								

Reference: *Dealing with Depression Self-Help and Coping Tips to Overcome Depression*

<http://www.helpguide.org/articles/depression/dealing-with-depression.htm>