

Depression Self-Care Checklist

Gentle, tiny daily basics to help you cope on low days and care for yourself.

Meet Your Basic Needs

- Drink a glass of water
Start with the smallest possible step; it still counts.
- Eat something, even a small or simple snack
- Take any medication you are prescribed
- Open a window or step outside for a little fresh air
- Change clothes or put on something clean and comfortable

Tiny Wins

- Brush your teeth or wash your face
- Make your bed, even loosely
- Tidy one small thing within arm's reach
- Take a shower, or just wash up if a shower feels too big
- Celebrate whatever you managed, however small
On a low day, any step forward is a real achievement.

Gentle Movement and Light

- Open the curtains and let some daylight in
- Sit or stand near a window for a few minutes
- Stretch gently or walk to another room
- Step outside for a short walk if you feel able
- Move at your own pace with no pressure to do more

Soothe and Comfort Yourself

- Wrap up in a blanket or something cozy
- Listen to gentle music or a comforting show
- Hold a warm drink and focus on the warmth
- Be kind to yourself instead of self-critical
A low day is a symptom, not a personal failing.
- Lower your expectations for today and rest

Stay Connected

- Send a short message to someone you trust
- Let one person know you are having a hard time
- Accept help with a task if someone offers
- Sit near family, a friend, or a pet for company
- Try not to isolate completely, even in small ways

Reach Out for Support

- Consider booking an appointment with your doctor
- Talk to a qualified mental-health professional about how you feel
- Write down what you want to say if talking feels hard

- Important: This checklist is general self-care information, not medical treatment or advice. Depression is treatable; please reach out to a doctor or mental-health professional.
- If you are in crisis or having thoughts of self-harm or suicide, contact a crisis line or emergency services now. You matter and you are not alone.