

## Depression Tool Kit

Try coming up with a list of activities that have helped to improve your mood in the past. These can be your “tools” for coping with depression.

Keep your tool kit loaded and pull it out regularly!

### Here are a few ideas:

- ✂ Spend time in nature.
- ✂ Spend time talking with a friend.
- ✂ Listen to music.
- ✂ Go for a walk.
- ✂ Write in your journal.
- ✂ Read a good book.
- ✂ Relax by taking a hot bath.
- ✂ Make a list of what you like most about yourself.
- ✂ Go dancing!



What's in *your* tool kit?

Encourage yourself to do these things... even when you may not feel like it!

You may be surprised how much better you'll feel in body and mind!