DEPRESSION SELF-CARE ACTION PLAN



Depression can make it difficult to practice healthy self-care. Building an Action Plan gives you quick, doable steps each day.

STEPS TO CONSIDER

- ☐ Make a list of activities you enjoy or would like to learn to do.
- ☐ Make a list of people you'd like to spend more time with.
- ☐ Memorize encouraging Scripture verses:
  - Psalm 42:11
  - Psalm 54:4
  - Micah 7:8b
  - Psalm 50:15
  - Isaiah 41:10
  - Lamentations 3:22-25
- ☐ Read a good book about depression, such as:
  - *Dark Clouds, Deep Mercy: Discovering the Grace of Lament* by Mark Vroegop
  - *Hope Prevails: Insights from a Doctor's Personal Journey Through Depression* by Michelle Bengtson
  - *Sacred Sorrows: Reaching Out to God in the Lost Language of Lament* by Michael Card
  - *Spurgeon's Sorrows: Realistic Hope for Those who Suffer from Depression* by Zack Eswine
- ☐ Remember God's faithfulness and how He has sustained you in the past. (Check out Chronic Joy's printable guide ***Build an Ebenezer: Remembering God's Faithfulness.***)
- ☐ Start a gratitude list. Thank God for each good thing He's done.
- ☐ Post the number of a friend or loved one you can call day or night (on your mirror/on your fridge/etc).
- ☐ Make a playlist of your favorite music.
- ☐ Pray for someone you know who struggles with depression too.

Learning to live well with depression includes good medical care, healthy self-care, a growing relationship with Jesus, and creative ways of loving and serving one another.

WEEKLY SELF-CARE ACTION PLAN



STAY ACTIVE – Spend 10-20 minutes a day doing some kind of physical activity such as walking, gardening, or biking. This week, I will spend _____ minutes doing _____.

DO SOMETHING FUN EVERYDAY – Work on a hobby or craft, listen to music, read a good book, or listen to a podcast. This week, I will spend at least _____ minutes doing _____.

SPEND TIME WITH FRIENDS OR LOVED ONES – This week, I will call _____ and make plans to _____.

GRATITUDE JOURNAL – Each day, write down ***3 things you're grateful for***.

MEMORIZE AN ENCOURAGING SCRIPTURE VERSE - This week, will memorize _____.



SET SIMPLE GOALS – Each day, choose one simple thing (e.g.: vacuum one room, do one load of laundry, make one healthy meal)

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____