

# Healing From Depression & Anxiety

## *Self-Care Activities to Improve Your Mood*

### Physical Self-Care

- Exercise
- Nutrition
- Water Intake
- Natural Light
- Sleep
- Touch
- Breathing
- Yoga
- Medication
- Supplements
- Alternative Therapies

### Healthy Lifestyle Habits

- Structure/Routine
- Time in Nature
- Setting Goals
- Fullfilling Work
- Pleasure
- Relaxation
- Creative Self-Expression
- Music Therapy
- Stress Management
- Relapse Prevention
- A Day of Rest/Being



## The Goal

To Feel Vital  
Balanced, and  
Engaged with Life

### Social Support

- Family
- Friends
- Psychiatrist/Therapist
- Minister/Rabbi
- Support Groups
- Pets and Animal Friends
- Day Treatment
- Community Service

### Mental/Emotional Self-Care

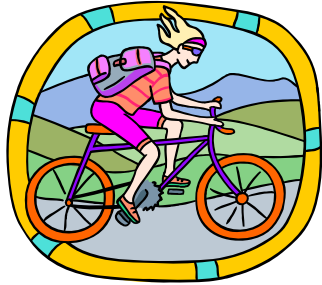
- Cognitive Behavioral Therapy
- Releasing Negative Self-Talk
- Taming the Inner Critic
- Affirmations and Visualization
- Healing Negative Core Beliefs
- Keeping a Mood Diary
- Humor
- Self Acceptance - Releasing the Stigma
- Self-Forgiveness
- Be Kind to Yourself
- Expressing Your Feelings
- Family of Origin Healing
- Working Through Grief

### Spiritual Connection

- Prayer
- Meditation
- Finding Purpose & Meaning
- Forgiveness
- Gratitude
- Asking for Guidance
- Spiritual Community

# Boost Your Psychological Immune System

Spend time  
in nature.



Eat well.



Get moving!

Talk  
yourself up.

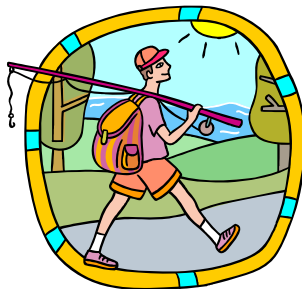


Have fun.

Feed your spirit.

Lighten up.

Find ways  
to relax.



Fake it till  
you make it



Be creative.

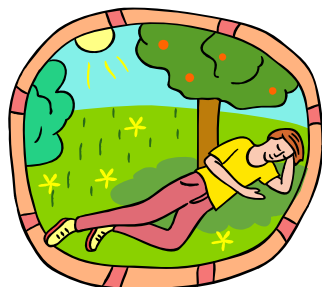
Take a deep breath.



Stay connected.

Get involved.

Get regular  
sleep.



Find healthy ways  
to deal with stress.



Help others.