

Self-Care Work Sheet #1: Make Time for Activities You Like

What are some things you like to do or used to, before you were depressed? Write letters? Listen to music? Watch movies? Develop a hobby? Others?

Even though you don't feel like it, and even if it doesn't sound like as much fun as it used to be, make time to do things you have enjoyed and find rewarding. This can help get you out of the cycle of depression.

MY PLAN

What activity is most likely to lift my mood?

Every day during the next week, I will commit at least _____ minutes (make it easy and reasonable!) to doing:
