

## BUILD HABITS OF POSITIVE THINKING

### GRATITUDE & KINDNESS Write...

- 3 things you are grateful for.
- 1 positive experience in the last 24 hours.
- A message praising or thanking someone.

### NOURISH MIND & BODY Practice...

- Meditation to center your mind.
- Exercise to train your body that behavior matters.
- Talking to yourself with kindness.



## Quiet YOUR Anxiety

- Refocus your attention with a detail-oriented task, such as painting your nails.
- Write your anxious thoughts down.
- Move your body: do a stretch routine or go for a walk.
- Practice gratitude: Make a list of the good things that have happened to you lately.
- Breathe: You've been here before and you got through it.

YOU ARE OK



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## self-care after a stressful day

- ☐ Start by slowing down.
- ☐ turn off your phone for a few hours.
- ☐ burn your favorite candle & play some tunes.
- ☐ remind yourself of the good stuff. write down 5 things you are grateful for.
- ☐ snuggle up with your favorite book or netflix show.
- ☐ make a motivational playlist for the next morning.



## checking-In Checklist

- ☐ Today I am feeling \_\_\_\_\_.
- ☐ The hardest part about today was \_\_\_\_\_.
- ☐ It helped me grow and learn that \_\_\_\_\_.
- ☐ I'm proud of myself for \_\_\_\_\_.
- ☐ I'm grateful that I took the time to \_\_\_\_\_ just for myself.



## Staying Active When You Are Depressed

- Start small.  
If you can, go on a short walk. If you can't, walk around your house.
- Do it with a friend.  
A friend can help support you and keep you motivated to stay active.
- Build a habit.  
Being regularly active is the best way to see results. Keep going even on days you don't feel like it.
- ALWAYS give yourself credit!  
It's not easy to stay motivated, especially when depression is at its worst. If all you did was get out of bed, you still got yourself moving.

Whatever you can do each day is enough.



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## WEEKLY REMINDERS

FOR YOUR

## SELF-CARE

### THIS WEEK I WILL DO MY BEST TO...

- ➡➡ Forgive myself when I feel like I have made a mistake.
- ➡➡ Say at least one nice thing to myself each and every day.
- ➡➡ Give myself a break when I need it without feeling guilty.
- ➡➡ Schedule at least 1 hour to do something just for me.

