



## DEPRESSION SELF-CARE ACTION PLAN

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

Consider which steps you want to include:

- Make a list of activities you enjoy or things you would like to learn.
- Make a list of people you'd like to get-together with and things you'd like to do.
- Memorize encouraging Scripture, such as Psalm 42:11, Psalm 50:15, Psalm 54:4, Isaiah 41:10, Lamentations 3:22-25, Micah 7:8b.
- Read a good book about depression, such as:
  - *Hope Prevails* by Michelle Bengston
  - *Spurgeon's Sorrows: Realistic Hope for Those who Suffer from Depression* by Zack Eswine
  - *Christians Get Depressed Too* by David Murray
  - *Sacred Sorrows: Reaching Out to God in the Lost Language of Lament* by Michael Card
  - *Dark Clouds, Deep Mercy: Discovering the Grace of Lament* by Mark Vroegop
  - *The Hidden Smile of God: The Fruit of Affliction in the Lives of John Bunyan, William Cowper, and David Brainerd* by John Piper
- Check out a trusted blogs, websites, or podcasts on depression.
- List the ways God has sustained you through past times of depression. Thank Him and say, "Do it again, Lord!"
- Post the number of a friend you can call day or night, who will pray with and for you.
- Make a play list of your favorite Christian music. Need a little inspiration? Ask your friends or loved ones.
- Begin a list of people you're grateful for. Thank God for bringing each of them into your life.
- Pray for someone else you know who struggles with depression.
- Think of someone who needs a little encouragement and call them or write them a note to let them know you're thinking of and praying for them.

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



## WEEKLY SELF-CARE ACTION PLAN

**STAY ACTIVE** – Make time every day to do some physical activity such as walking for 10 or 20 minutes or dancing to a favorite song. Each day this week, I will spend at least \_\_\_\_\_ minutes doing \_\_\_\_\_.

**DO SOMETHING FUN** – Even though it may feel enjoyable, choose to do something fun, such as a hobby, craft, listening to music, or watching a favorite show. Every day during the next week, I will spend at least \_\_\_\_\_ minutes doing \_\_\_\_\_.

**SPEND TIME WITH FRIENDS OR LOVED ONES** – Make plans and try to stick to them even when you don't feel like it. This week, I will call \_\_\_\_\_ and make plans to \_\_\_\_\_.

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

**MEMORIZE AN ENCOURAGING SCRIPTURE VERSE** - This week, I will memorize \_\_\_\_\_.

**SET SIMPLE GOALS** – Each day, choose two simple things such as, read a few pages of a book, vacuum one room, do one load of laundry, or make one healthy meal.

- **Monday:** \_\_\_\_\_ & \_\_\_\_\_
- **Tuesday:** \_\_\_\_\_ & \_\_\_\_\_
- **Wednesday:** \_\_\_\_\_ & \_\_\_\_\_
- **Thursday:** \_\_\_\_\_ & \_\_\_\_\_
- **Friday:** \_\_\_\_\_ & \_\_\_\_\_
- **Saturday:** \_\_\_\_\_ & \_\_\_\_\_
- **Sunday:** \_\_\_\_\_ & \_\_\_\_\_

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