



MINDFIT NZ



SELF-CARE

DURING A DEPRESSIVE EPISODE

YOU ARE WORTHY NOT IF, NOT WHEN, NOW.

STRETCH YOUR BODY

- ☐ THIS WILL HELP PREVENT ACHES AND PAINS FROM LYING/SITTING FOR LONG PERIODS OF TIME

TRY BLOGILATE'S 'STRETCHES AFTER A STRESSFUL DAY' VIDEO ON YOUTUBE FOR INSPIRATION

DO A SMALL TASK TO ESTABLISH ORDER

- ☐ WHETHER IT IS PICKING YOUR CLOTHES OFF THE GROUND, WASHING A FEW DISHES, OR TAKING A SHORT WALK/SITTING FOR A BIT OUTSIDE, THIS WILL HELP YOU FEEL MORE IN CONTROL & PREVENT THE DOWNWARD SPIRAL OF SHAME-DRIVEN UNHELPFUL THINKING

BRUSH YOUR TEETH

- ☐ IF THIS TOO HARD, USE MOUTH WASH

SET ALARMS FOR THE "LITTLE THINGS"

- ☐ WHETHER THIS IS TO DRINK A GLASS OF WATER, EAT SOMETHING QUICK AND EASY, OR TO BRUSH YOUR TEETH, THIS WILL HELP TO ADD SOME STRUCTURE TO YOU'RE LOWEST DAYS

HAVE A SHOWER

- ☐ IF THIS IS TOO HARD, HAVE A SPONGE BATH OR USE WET WIPES

ALSO PUT ON DEODORANT AND PERFUME/COLOGNE -- YOU'RE WORTHY OF THIS.

AROMATHERAPY

- ☐ PUT ON SOME ESSENTIAL OILS OR LIGHT SOME CANDLES -- THIS WILL HELP STIMULATE YOUR SENSES AND BRING SOME AWARENESS TO YOUR SURROUNDINGS (AND AWAY FROM YOUR THOUGHTS).

IF YOU'RE FEELING ANXIOUS, CERTAIN ESSENTIAL OILS CAN ALSO HELP CALM YOUR NERVOUS SYSTEM

Connect with us!
@mindfitnewzealand

