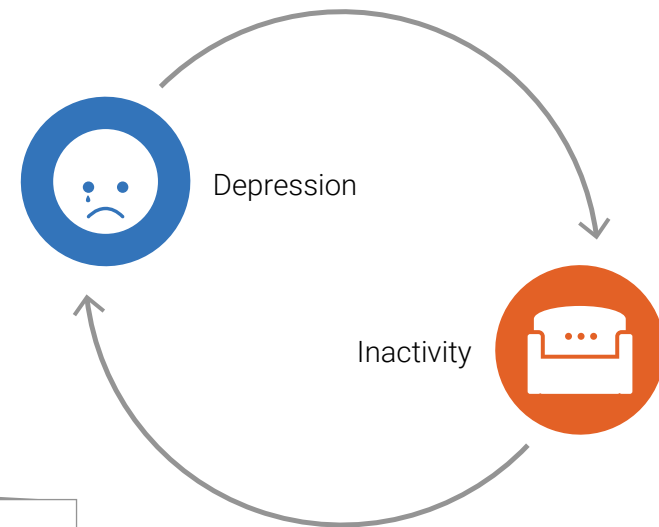


Cycle of Inactivity

When struggling with depression, it's common to withdraw and stop doing the things we did before! It may feel impossible to even shower, eat, or go for a walk. However, for most people, the less you do the worse you feel, and the worse you feel the less you do! We have to break this cycle of activity by choosing to get up and get moving!

Stuck in this cycle but want to get better?

Here are **some strategies that might be helpful:**



Get Active

Motivation often follows action. Even a few minutes of being active can have a ripple effect – each positive action is an investment toward recovery!

Track Your Progress

Keep activity and mood logs so you can start to see the relationship between what you do and how you feel. Set goals, and use meaningful rewards to stay motivated – then document your success. This can be hard work, so be proud even of small steps!

Be Kind to Yourself

Depression can be incredibly frustrating and discouraging. It's so much harder to do anything, and you may feel like a failure because of that. Plus, depression can make it hard to enjoy things, so it can take a while for activities to feel fun again! Treat yourself kindly while you try to get better.

Set Small Goals

Self-care is a great place to start. If you've gotten out of the habit of showering, take a shower. Brush your teeth. Clean your room. Notice if it makes you feel better. Even if it isn't enjoyable immediately, try it again the next day! Even small steps count!

Pay Attention to Your Choices

Making a good choice can help your body and mind begin to recover! When we aren't sleeping or eating well, or when we use substances, we leave ourselves vulnerable to negative emotions. In moments of decision, which choice will move you toward wellness?