

A lower-demand day.

Choose a little care without turning recovery into homework.

Depression can make everyday activities harder. This sheet offers options for a low-energy day; it does not treat depression. Adapt it to your health needs and available support.

Pick one manageable option

Body: get water, choose accessible food, or do one small hygiene step.

Connection: send a brief message or ask someone to check in.

Environment: make one seat, surface, or bedside area easier to use.

Meaning: spend a few minutes with something you value.

The option I choose today:

The smallest version of it:

What help or supplies do I need?

What can I postpone or simplify?

If it still feels too much

Make the step smaller or ask for help. You do not need to earn food, rest, care, or support through productivity.

My practical help request:

Stay connected.

A small plan for support and a conversation with your provider.

Someone I could contact:

A message I could send:

Example: "I am having a hard day. Could you check in later or help me with a meal?"

One activity that matters to me:

A short, manageable version of that activity:

Bring this to an appointment

What has changed in my sleep, appetite, energy, or functioning?

What do I want help with first?

Persistent or worsening symptoms deserve professional care. If you cannot stay safe or have an immediate emergency, seek urgent local help. This download is not monitored and is not crisis care.

Reference: NIMH, Depression. nimh.nih.gov/health/publications/depression