



- are you lying on the floor?**
- make angels
 - throw a little tantrum
 - stretch
 - make a fort
 - be a burrito
 - snuggle a pet

are you sad about something?

- talk to a therapist
- express your feelings through poetry
- make a playlist for how you're feeling right now
- write out how you'd like your life to look
- set a timer and allow yourself to wallow, but you have to get up after the timer goes off

- watch a comfort movie**
- Here are some of mine:
- George of the Jungle
 - Austenland
 - Beauty and the Beast
 - Tangled
 - The Prince of Egypt
 - The Emperor's New Groove
 - Holiday in Handcuffs
 - High School Musical
 - Ted Lasso

are you overwhelmed?

it might be time to give yourself a break.

- color in a coloring book
- play a video game
- read a book
- make a hot beverage
- press pause on your commitments
- de-clutter your area(s)
- help with chores if you have the energy

get moving

- dance freestyle to upbeat music
- dance the Cotton-Eyed Joe
- go for a walk
- play ball with a dog
- hike in the state park
- work out at home
- do yoga

- practice spirituality**
- These suggestions work for any deity you relate to:
- pray
 - draw the face of God
 - make a spiritual playlist
 - learn about tarot cards
 - light a candle for God
 - write a letter to God



**your brain is trying
to kill you**

a zine about things to do
during depressive episodes

SH alternatives

- hold an ice cube
- snap a rubber band
- draw temporary tattoos
- tear paper into shreds
- write out song lyrics
- paint your nails
- prep paper for zines
- organize books