

# DEPRESSION DISTRACTION IDEAS

Depression drains your energy, hope, and drive, making it difficult to do what you need to feel better. If you're struggling with depression, check out these depression distraction ideas to help you to feel more positive...

1 SAY NICE THINGS ABOUT YOURSELF  
*out loud!*

2 *smile*  
at yourself  
in the mirror 

3 WATCH A FILM THAT  
*inspires*  
YOU

4 *talk*  
TO A  
FRIEND 

5 *cuddle*  
a pet 

6 read  
*positive*  
quotes

7 *sing*   
a song that  
makes you  
happy

8 fly a kite and  
*imagine*  
you are the  
*kite* 

9   
GO FOR A  
*walk*  


10 START A  
*journal*

11   
*go to bed*  
EARLY

12 *treat*  
  
YOURSELF

13 TALK BACK TO THE VOICE IN YOUR HEAD AS IF YOU WERE  
*standing up*  
TO A BULLY

14

- make a
- *to do*
- list

15 break down  
BIG tasks  
*into small ones*

16 MAKE A  
JAR FULL OF  
*memories*  
AND READ SOME  
OUT WHEN YOU  
FEEL DOWN

17   
STOP  
trying to be  
*perfect*

18 avoid saying  
*"should"*  
to yourself

19 REPLACE SAYING  
"I AM SAD" WITH  
*"i feel sad"*

20   
express your  
feelings with  
*paint*