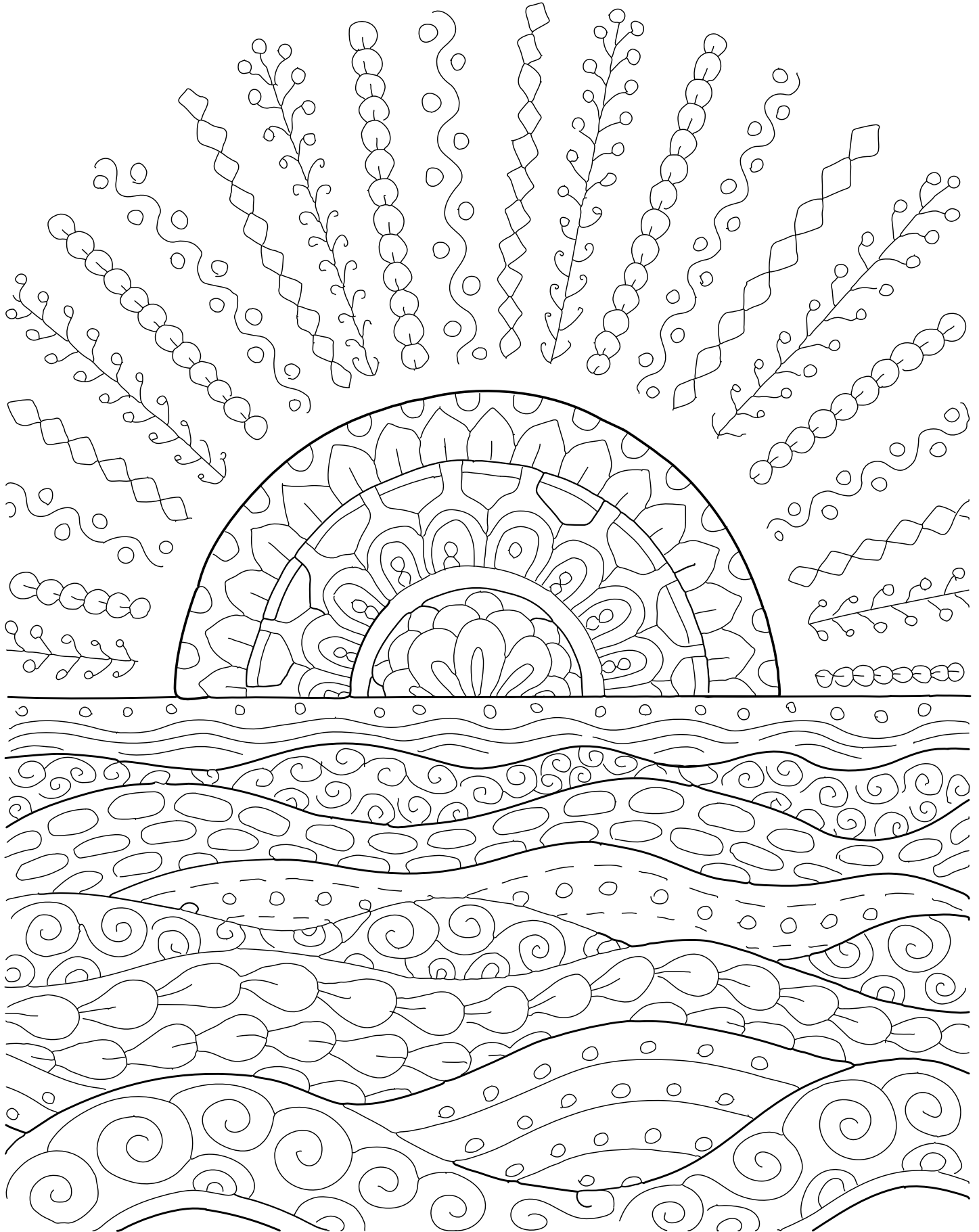




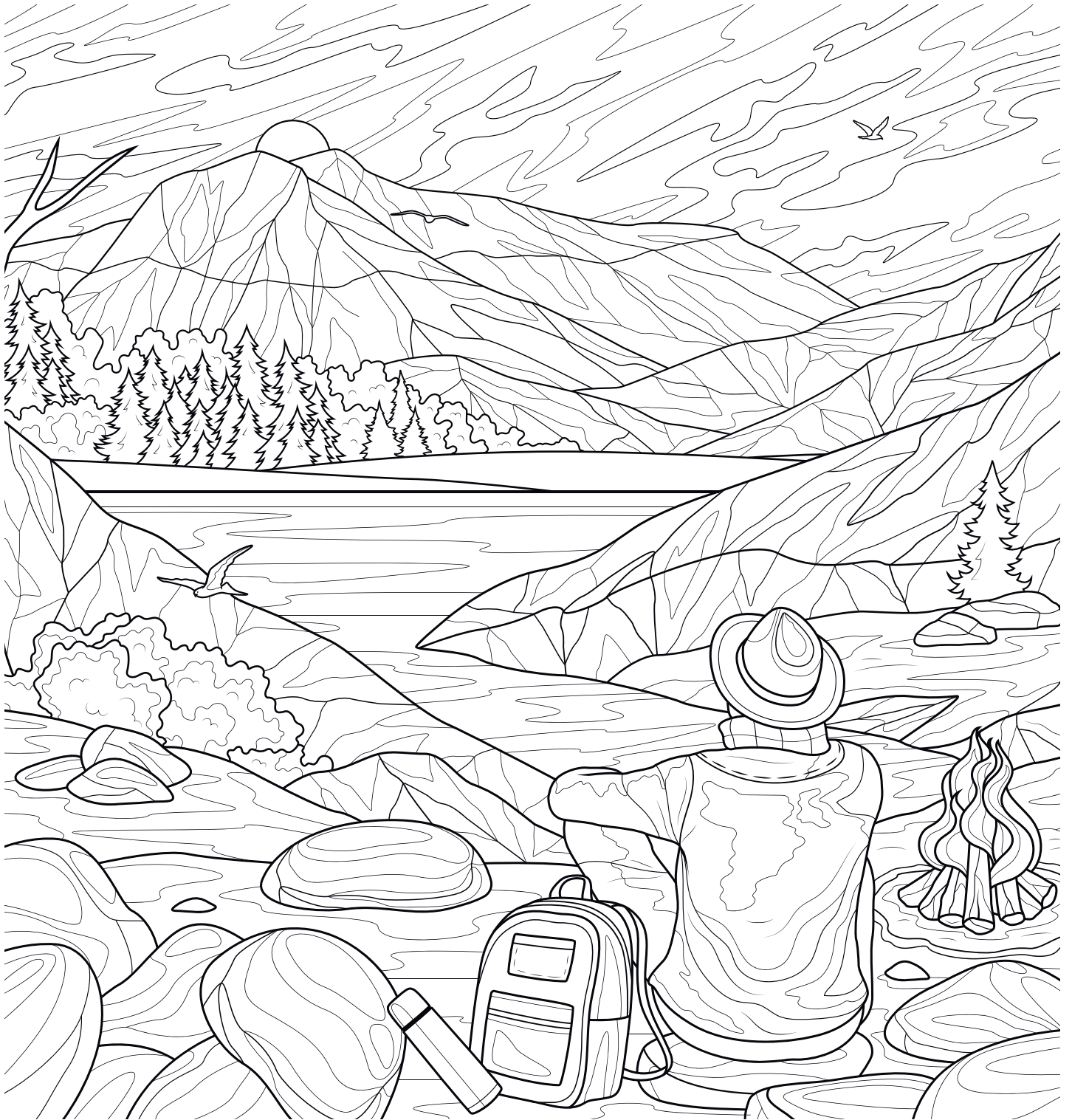
Insights on  
Managing Depression

# ACTIVITY PACK

On the next few pages, you'll find a variety of different activities to help take your mind off the daily drag. Pick a page when you're feeling a little stressed, looking for a break, or just want something quick and fun to do!







Choose a list and check off each item—once you're done, reward yourself because you just added some unexpected positivity to your day!

Add to the fun by completing each list in 10 minutes or have someone else join in to make it a race!

### LIST 1

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- Something purple
- A book you've been meaning to read
- A mirror—take a look and give yourself a compliment!
- Something round
- An apple, avocado, or chocolate
- Wiggle your nose for 10 seconds

### LIST 2

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- A picture of an animal
- A sock with a hole
- Listen to a song that makes you happy
- Do 10 jumping jacks
- A carrot, pepper, or celery stick
- A smiling selfie

### LIST 3

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- Something yellow
- A book you enjoyed reading
- Balance on 1 leg for 20 seconds
- An extra cozy blanket
- Something you're thankful for
- A scarf

### LIST 4

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- A picture that makes you smile
- Something orange
- Shoes that took you somewhere special
- A plant
- Dance for 30 seconds
- A banana, orange, or mushroom

Focus on the letters below and see how many words you can find from the list!

W	E	R	A	C	F	L	E	S	S
N	O	M	M	O	C	G	P	H	P
S	L	R	O	U	T	I	N	E	I
U	S	S	E	L	F	S	L	A	T
P	E	E	K	A	B	E	J	L	S
P	E	F	N	O	L	J	O	T	L
O	K	L	O	L	S	D	Y	H	A
R	L	U	O	Y	L	O	V	E	O
T	A	D	V	I	C	E	A	W	G
P	T	S	I	G	N	S	W	Y	I

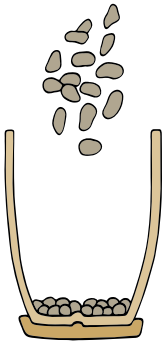
**FIND:** Health      Real      Wellness      Love  
 Common      Talk      Advice      Goals  
 Joy      Signs      Support      Self care  
 Self      Routine      Tips

See last page for the answer key.

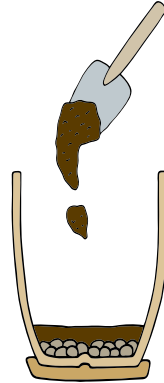


Grounding yourself in a quick, earthy activity can be a way to relax and bring new life into your living space.

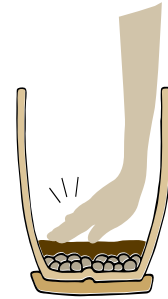
- Items you'll need:
- Plant
  - Potting soil
  - A pot (large enough to give your plant space to grow)
  - Small rocks or gravel
  - Water



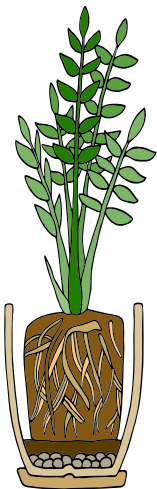
- 1.** If your pot does not have drainage holes, put a layer of small rocks at the bottom (this will create crevices for extra water to collect away from the plant's roots)



- 2.** Pour a layer of potting soil into the pot



- 3.** Pack down the soil by patting it down to remove air pockets



- 4.** Place the plant in the center of the pot (be gentle with the roots)



- 5.** Add more potting soil around the plant until it feels secure (don't pack in too much soil, so the plant's roots have room to grow)



- 6.** Even out the soil and water well. Find a sunny spot and enjoy!



Starting your day with a focused mindset can really help shape how your day goes. Choose one of the following tips every morning and enjoy 5 minutes to yourself before you start your day.

1. Close your eyes and concentrate on your breathing—how the air fills your lungs as it goes in and out



2. Choose a song that makes you feel positive or happy and give it a listen

3. Stand up straight, then bend down and reach for your toes. Make sure to feel the stretch all the way through your spine



4. Lay on the floor and close your eyes, and think of 1 or 2 things you're looking forward to today

5. Stretch your arms out above your head, then stretch them out to your sides. Enjoy taking up space and how that makes your body feel





**ANSWER KEY**

W	E	R	A	C	F	L	E	S	S
N	O	M	M	O	C	G	P	H	P
S	L	R	O	U	T	I	N	E	I
U	S	S	E	L	F	S	L	A	T
P	E	E	K	A	B	E	J	L	S
P	E	F	N	O	L	J	O	T	L
O	K	L	O	L	S	D	Y	H	A
R	L	U	O	Y	L	O	V	E	O
T	A	D	V	I	C	E	A	W	G
P	T	S	I	G	N	S	W	Y	I