

Helpful Things Checklist



Are you:	Tick here if you have cut down or stopped doing this
<p>Being good to yourself? For example, eating regularly and healthily, taking time to enjoy the food.</p>	
<p>Doing things for fun/pleasure? For example, your hobbies, listening to music, having a nice bath.</p>	
<p>Seeking support from others whom you trust? Like going to a self-help group (your doctor/physician can tell you about these groups).</p>	
<p>Keeping in touch with others even if you don't feel like it? Pick a level of contact you can cope with, for example by telephone, email or meeting up.</p>	
<p>Stopping, thinking and reflecting on things rather than jumping to conclusions? For example, letting upsetting thoughts 'just be' rather than mulling over them.</p>	
<p>Finding out accurate information about depression by reading information leaflets, self-help books, etc.</p>	
<p>Pace yourself – so you don't run out of energy or sit doing very little.</p>	
<p>Keeping active physically? For example, doing exercise/going for walks/swimming/ gardening/ riding your bike. Note: If you had an operation or are physically ill and in pain, you may need to take it easy for a time. But once your doctor says it's okay, try to keep reasonably active. If you rest too much you will find you feel stiffer and more easily tired. Try walking with as relaxed and normal a posture as possible</p>	

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Using your sense of humour to cope?	
Giving yourself a break/the benefit of the doubt? Remember: no-one is perfect.	
Taking any prescribed medication regularly and as prescribed? Remember that the medication is there to help	
Using approaches such as relaxation tapes, slow breathing, etc. to deal with tension (see www.lltff.com/worksheet/odlm)	
Being honest with trusted others (especially your GP) about how you really are? If you are struggling, you need to say so, otherwise people will not know you need help	
<i>If you have children:</i> Planning time for yourself, or you and your partner together without the children? You could plan to leave your baby with a friend, relative or in a crèche while you spend time together talking or doing adult things like going out for a meal Playing with your children, and spending time together reading stories or having cuddles?	

List any other helpful behaviours you do here: