

# Depression Bingo

Overcoming depression isn't just about taking proactive steps; it's also about recognizing the moments when you've done something - big or small - to manage it.

This "bingo" sheet is designed to help you reflect on and celebrate the ways you've taken care of yourself, even when life feels overwhelming.

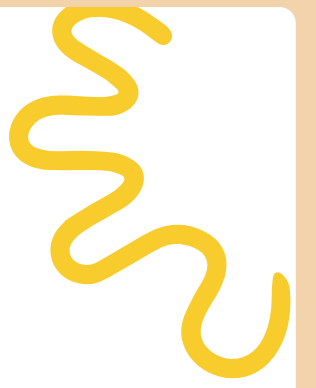
Each square represents an action you might have already done, like taking a deep breath, talking to a loved one, or simply stepping outside for fresh air.

The squares may appear trivial, but the importance of self-care cannot be understated. By ticking off these moments, you'll see just how much you've already accomplished, reminding yourself of your resilience and strength.

There's no pressure to "complete" the board - it's about honouring the journey, not perfection. Use this as a tool to reflect, acknowledge your progress, and inspire more moments of self-care in the future.

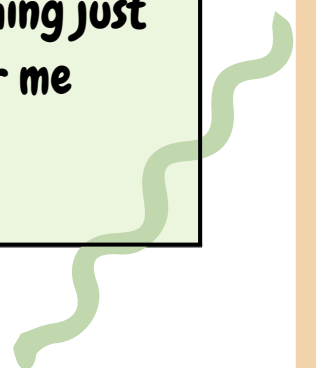
There's also a blank sheet at the end, so you can add your own.

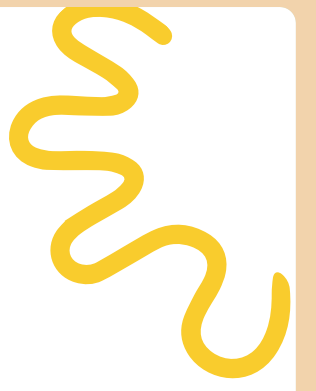
Let's celebrate all the ways you've helped to manage your depression! 🌟



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 Got out of bed on time	 Took a shower	 Ate a healthy meal	 Drank enough water	 Called or texted a friend
 Took a walk or exercised	 Journalled my thoughts	 Spent time outside	 Listened to uplifting music	 Did a skincare routine
 Practiced gratitude	 Read something inspiring	 Took a mindful break	 Worked on a hobby	 Tidied up my space
 Practiced deep breathing	 Said no to something I didn't want to do	 Ran an errand I've been avoiding	 Went to bed on time	 Lit a candle or used aromatherapy
 Spent time with a pet	 Made a realistic to-do list	 Enjoyed a warm drink mindfully	 Limited screen time	 Did something just for me





# Depression Bingo

Light Green	Light Purple	Light Orange	Light Green	Yellow
Light Teal	Yellow	Light Teal	Light Red	Light Purple
Light Purple	Light Green	Yellow	Light Teal	Light Orange
Light Red	Light Blue	Light Green	Yellow	Light Purple
Light Green	Light Purple	Yellow	Light Orange	Light Green

