

# Natural Antidepressant List

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## **Nurture Yourself**

Drink a cup of hot tea  
Wear soft, comfortable clothes  
Take a bubble bath  
Take a long shower  
Get a massage  
Get a manicure  
Read a magazine  
Wash your hair  
Wrap up in a blanket  
Give yourself a facial  
Color a coloring book  
Play with Play dough  
Blow bubbles  
Light candles  
Read a children's book  
Make a snack  
Take a nap  
Sing/ Listen to music  
Sit in the sun  
Watch a funny video  
Watch a good movie  
Read a joke book  
Watch the clouds go by  
Play with a pet  
Drive with windows down  
Braid your hair

## **Engage Your Brain**

Do a crossword puzzle  
Research a topic  
Complete a maze  
Play a word game  
Organize something  
Listen to a teaching tape  
Write a story  
Learn a new skill  
Visit the book store or library  
Plan something  
Read a good book  
Journal

## **Move**

Take a walk  
Wash dishes  
Stretch  
Dance in your living room  
Iron some clothes  
Plant something  
Go to a park  
Cook a nice meal  
Dust the living room  
Buy flowers  
Drive to a new town  
Hula hoop  
Jump rope  
Play basketball  
Do an exercise video  
Jog around the block  
Cut the grass  
Play tennis  
Rearrange your house  
Swim  
Water aerobics  
Walk through a sprinkler  
Walk at the mall  
Wash your sheets  
Ride a bike  
Take karate lessons  
Weed the garden  
Go bowling

## **Be Social**

Call a friend  
Make a gift for someone  
Write a thank you card  
Write a letter or note  
Meet a friend for lunch  
Visit a nursing home  
Counsel someone  
Give some money away  
Organize a card game  
Invite someone shopping  
Bake bread for a neighbor  
Send an encouraging email

## **Get Creative**

Doodle  
Invent something  
Paint  
Play an instrument  
Draw  
Create a video  
Draw a cartoon  
Create a new outfit  
Visit an art museum  
Go to the symphony  
Do a craft project  
Create a new recipe  
Write a song or poem  
Create a new outfit  
Cook a new dish  
Decorate your house  
Knit/Sew/Crochet  
Paint a piece of furniture

## **Be Spiritual**

Attend a church service  
Read the Bible  
Memorize a Bible Verse  
Listen to Worship Music  
Watch worship on line  
Pray  
Meditate on a Bible Verse  
Listen to a sermon on line  
Pray with friends  
Visit a Christian bookstore  
Attend a Bible study  
Pray in a church building  
Organize a prayer meeting

