

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

