

Tips for Depression Recovery – Boosting Self Esteem

- **Take small steps and reward yourself with each step forward.**
- **Take a closer look at what thoughts and reactions are keeping you down.**
- **Once you hone in on these, (by yourself or with help), list those that you have the power to change.**
- **Be realistic – don't compare yourself to others, do your best.**
- **Imagine success and a confident you.**
- **Let go of “shoulds.”**
- **Learn what helps you to relax and add those things into your daily life (music, dance,fun friends, exercise, cooking, crafts, watching sports,etc)**
- **Take good care of yourself – you are worthy.**
- **Step into life...**