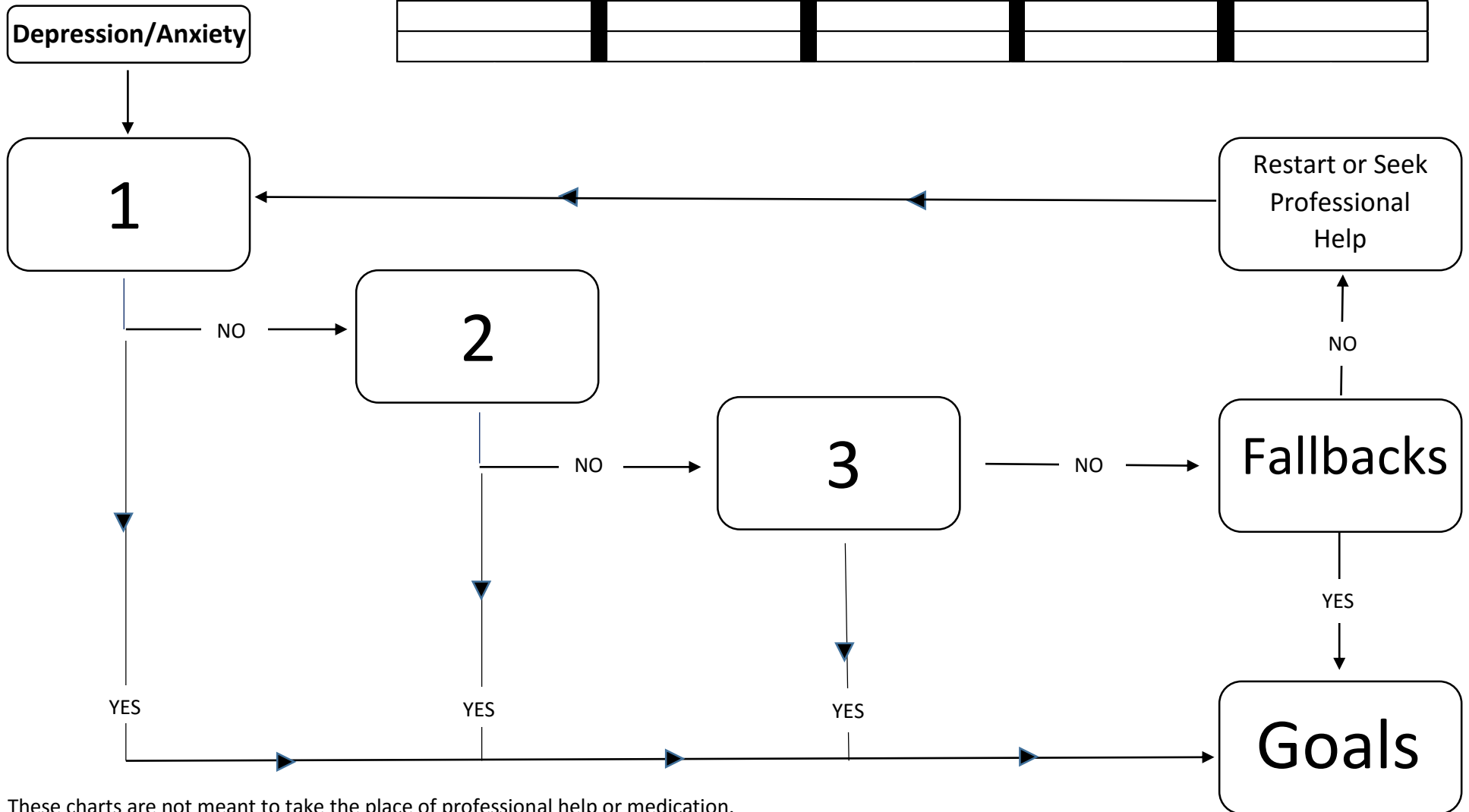


# DEPRESSION/ANXIETY COPING FLOW CHART

BY #SKATETOFIGHT

Level 1	Level 2	Level 3	Fallbacks	Goals



These charts are not meant to take the place of professional help or medication.

The purpose of the chart is to help you start small and gradually work your way up to your goal or passion. Sometimes you can't go from deep depression to being up and active. That is ok! This chart is designed to help you break things down and feel better little by little.

## Instructions

### 1. Fill out Activity Matrix.

-Level 1: Activities that are "easy" to do even at your lowest point. (i.e. meditation, prayer)

-Level 2: Things that involve getting up and doing something.

(i.e. showering, getting dressed, reading, writing)

-Level 3: Activities that take more motivation.

(i.e. Walks, talking to friends, cleaning the house)

-Goals: Things that have been proven to get you out of your low points in the past. This should be your passion. (i.e. Skating, running, Climbing)

-Fallbacks: Things that help you reset. (i.e. Naps, Netflix etc.)

### 2. Follow the Flow chart.

-The purpose of the Yes' and No's is to get you to your passion and out of depression as quickly as possible. If just one level gets you feeling like you can accomplish your goal, then great! Sometimes it might take a couple levels. But don't give up!

### 3. Share It With Someone Who Needs It!