

GRAPES for Depression

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
G (gentleness)							
R (relaxation)							
A (accomplishment)							
P (pleasure)							
E (exercise)							
S (social)							
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*The goal is to do one thing from each category every day to help improve our mood. Remember, this is not expected to be up to “feeling good” standards. Think “baby steps.”

G is for gentleness: talk to yourself with gentleness & forgiveness

R is for relaxation: make some time to relax

A is for accomplishment: try to accomplish at least one thing, such as laundry, shower, cleaning your room, reading one chapter, etc. It also helps to do things that we know we’re good at!

P is for pleasure: try to experience pleasure from at least one thing, such as a really good piece of fruit, a song you enjoy, a warm shower, or a nice smelling candle

E is for exercise: try to get yourself moving! it’s okay if it’s not up to your standards of exercise if you weren’t depressed. think baby steps- walking, running, yoga, stretching, swimming, etc.

S is for social: have a meal with friends, call a friend from home, talk with your neighbors, talk to a person in class