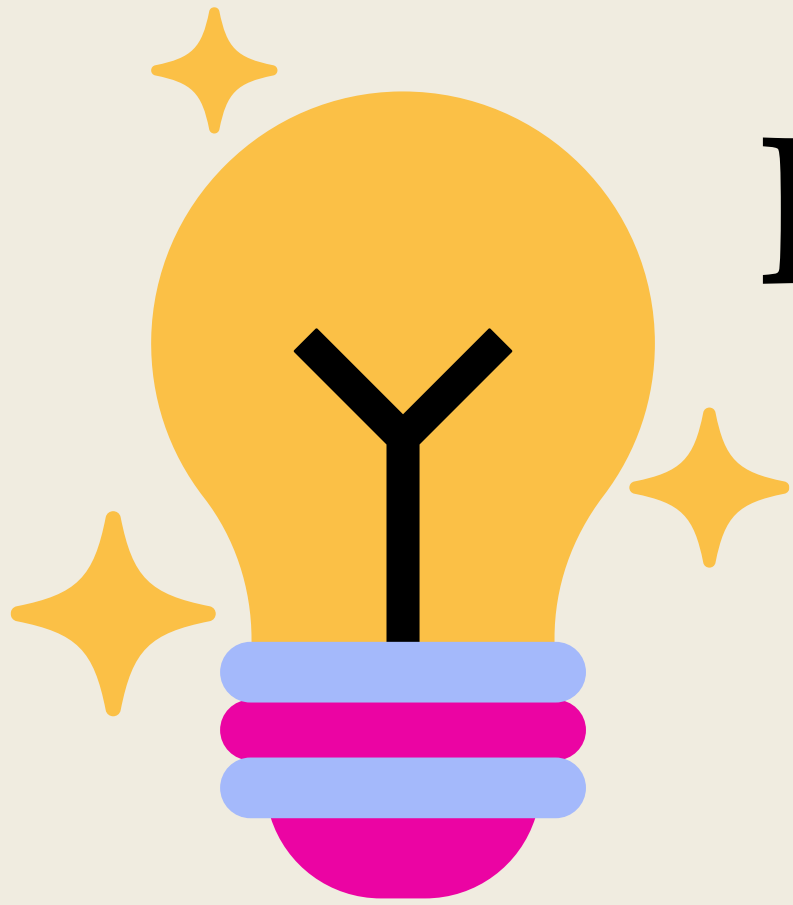


# Useful Self-care & Productivity Tips for Depression

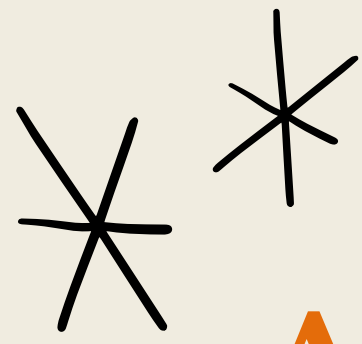


# Simple Daily Routine Is Daunting for Those Living with Depression



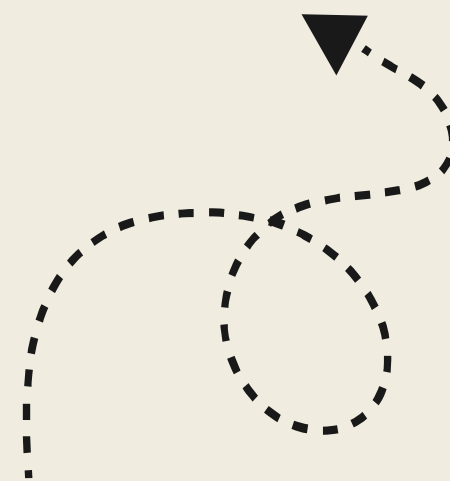
**I Can (Can't)  
Do It!**





# Approaches for Helping Make Getting Out of Bed

- Acknowledge your depression but commit to experiencing those feelings outside of bed
- Break tasks into smaller steps
- Remind yourself of enjoyable activities after getting up
- Associate getting up with a purpose (e.g., feeding your pet)
- Set an alarm out of reach from your bed so you need to get up to shut it off



# Tooth Hygiene Tips

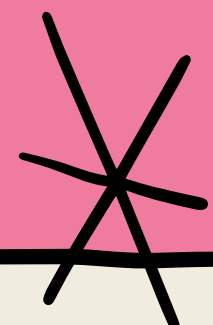
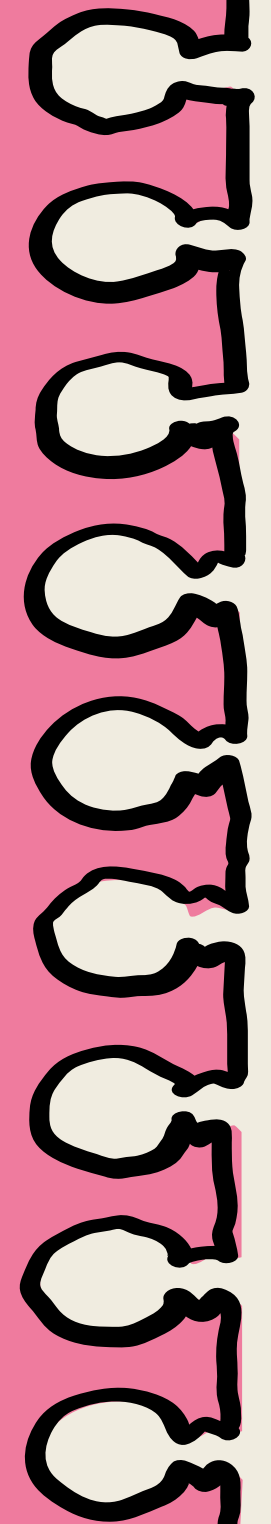


- Use mouthwash if brushing is too tiring
- Wet your toothbrush and give your teeth a quick swipe
- Chew sugar-free gum to stimulate saliva if brushing seems impossible
- Rinse with water whenever you think of it as water flow helps clear debris
- Use a reward system or a habit tracker to keep track of your hygiene goals and celebrate your achievements



# Hair Hygiene Tips

- Use dry shampoo to freshen hair between washes
- Wash your hair in the sink to conserve your energy
- Ask a trusted friend or family member to help you detangle your hair
- Keep hair up in loose buns, braids, or clips to minimize the fuss of styling
- Choose a simple hair style to minimize maintenance difficulties



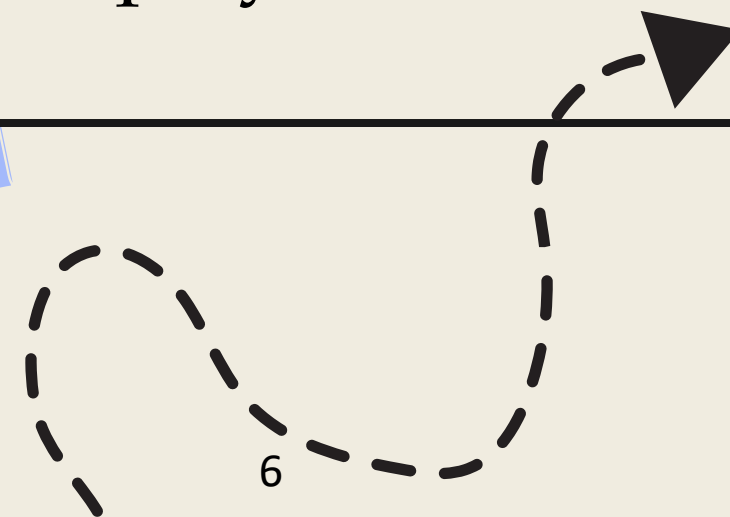
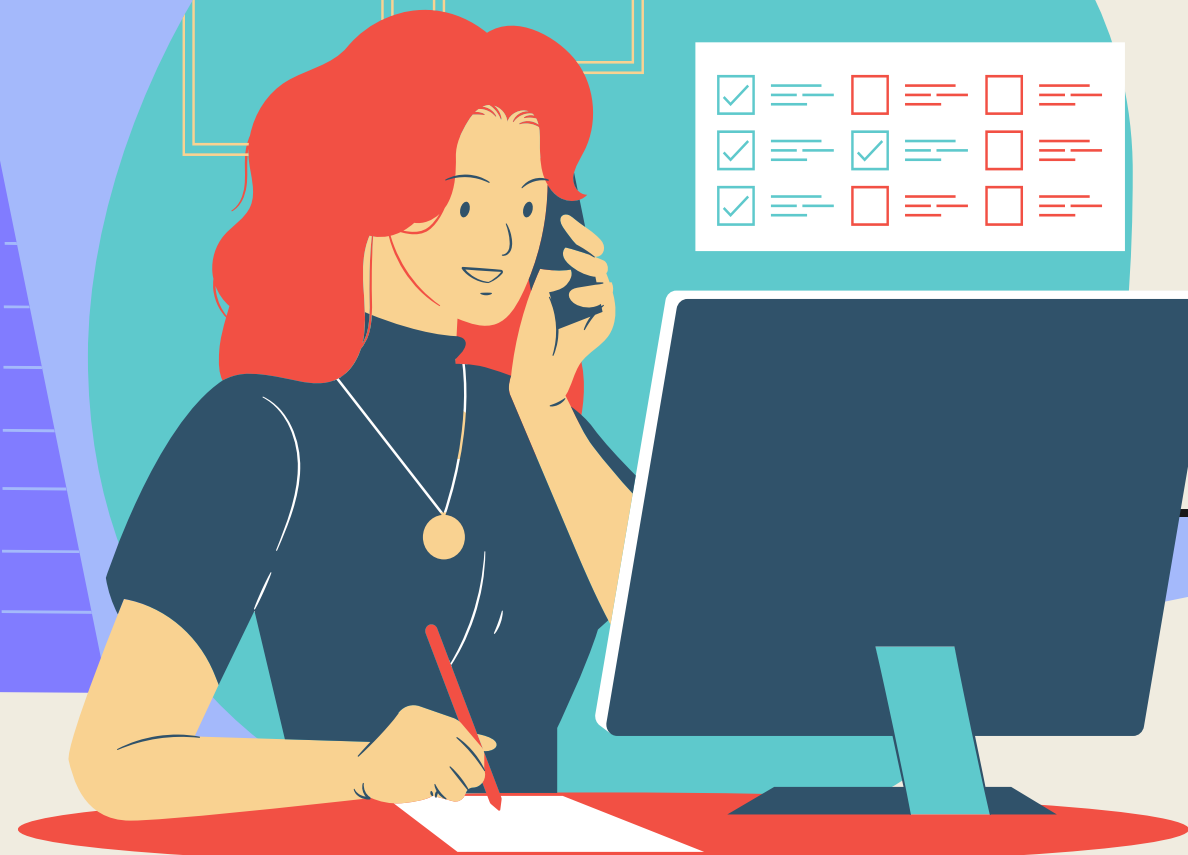
# Skin Hygiene Tips



- Take a warm bath instead of a shower for gentler relaxation
- Use hydrating, scent-calming body products to increase the motivation for self-care
- Keep a portable seat/chair in the shower for stability if tired
- Use baby wipes to clean your body if showering or bathing is too tiring
- Apply deodorant/body spray to control body odor
- Keep favorite comfy clothes ready to encourage post-bath self-care time
- Open windows and get fresh air/sun to energize your natural endorphins

# Self-management at Work

- Practice stress management techniques (e.g., meditation, yoga) to establish an overall foundation for well-being
- Practice healthy self-care habits (e.g., adequate sleep, nutrition) to promote well-being and prevent burnout
- Use AI mental health apps (e.g., Woebot, Wysa) to practice cognitive behavioral therapy techniques, mindfulness exercises, and receive emotional support
- Monitor symptoms and communicate worsening issues or new limitations promptly to your employer



# Work Strategies

- Prepare ahead for the next day by planning meals and outfits to minimize distractions during work hours
- Establish schedules for work/breaks and dedicate time blocks for tasks to maintain structure and delineated work hours
- Set achievable goals and break large tasks into smaller steps
- Use aids like to-do lists to overcome impacts on cognitive abilities
- Keep on top of tasks and manage deadlines proactively to avoid stress from backlogs
- Leverage AI task managers like Asana, Trello, or Todoist for prioritization, organization, and reminders to streamline workloads and stay focused



# Workplace Accommodations

- Research your company's leave and accommodation policies to understand the available supports
- Discuss potential accommodation needs privately with HR before involving your manager, and make sure to secure agreements in writing
- Access sick/ personal leave or short-term disability as needed if symptoms worsen
- Prioritize confidential communication with HR to balance well-being and employment security

**THANK  
YOU!**

