



# How To Look After Yourself When You're Feeling Depressed: A Little Book of encouragement

*Alice Rosewell*

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It's easy to neglect self-care when you're depressed. Sometimes it can be a struggle to eat, to wash or even to get out of bed. But all of these things are essential; they help to maintain self-esteem, and one day, when the sun comes out, you want to be healthy enough to enjoy it. This little book lays out a series of self-care tasks and tips to help you through each day when times seem hard.

Self-care on its own will not be sufficient to treat severe depression, but having someone take an interest in you and be kind to you will help. Sometimes that someone can be you.

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