

Gentle Morning Routine Checklist

Mornings are often the hardest part of the day in depression. A short, repeatable routine removes decisions when deciding feels impossible. This is a starting point, not a standard to meet: checking even one box is a win. Edit the steps so they fit your real life, then tick each one you complete.

THIS WEEK

Step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Out of bed by my chosen time: _____							
Open the curtains or get bright light							
Drink a glass of water							
Eat something, even small							
Wash face, brush teeth, or shower							
Step outside for two minutes							
One small task (make bed, one dish)							
My own step: _____							
My own step: _____							
My own step: _____							

If the full list feels like too much, pick the single easiest step and do only that for a week. Consistency beats intensity.

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