



101

Depression Getaways



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www.depressiongetaway.com

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101 Depression Getaways

The '**Depression Getaway**' blog is based on the idea that there are things we can do for ourselves even when we are depressed. The strategies I will share I have named '**Depression Getaways**', because that is what every post can potentially provide for you - a brief getaway from your depression.

I understand the challenge of this illness. I live with that challenge daily. I know it is impossible to just 'pick yourself up by the bootstraps and get on with it' as people wish we would do. I know the thoughts of hopelessness and despair. I know the feeling of being stuck, unable to do anything for yourself or anyone else.

BUT, I have found that sometimes, not all the time, if I just **CHOOSE** to do a little something, it can make a difference, for a moment or an hour or even a day. Each of those little somethings can make little differences and if you add them all up, maybe they could even make a **BIG** difference!

Are you ready to take some 'depression getaway challenges'? I have included some really easy ones in this free report. Now I know that you will not all be able to do all 101 things on this list. I realize that some of the things will not appeal to everyone. But some of them will be worth a try for you. What have you got to lose? The activities on the list will provide temporary distraction from your depression. I am counting on the old adage that "a change is as good as a rest" and so enjoy the rest that these little activities will bring.

Keep this list handy, and when you feel stuck, when you desperately need a break from that old depression, pick one thing on the list and give it a try. See if it doesn't give you a little getaway. You deserve a break!

I am so glad you dropped by 'Depression Getaway' today. Join me again and together we will live, share, laugh, care, learn, discover, forgive and recover.

Bake some cookies.



Blow some bubbles.



Build a sandcastle.



Build a house out of cards.



Buy a goldfish to take care of.



Build something with Lego.



Buy a raffle ticket.



Buy a houseplant to take care of.



Chew bubble gum and blow bubbles.



Clean a window.



Clean out a drawer.



Call a friend.



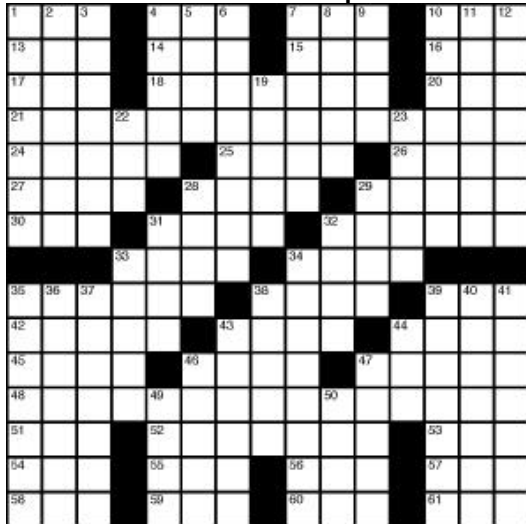
Clean out the fridge.



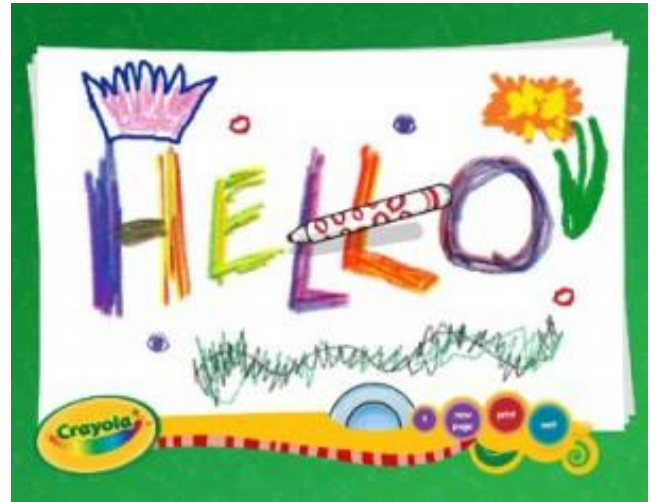
Clean out your purse.



Do a crossword puzzle.



Color.



Dance



Drink a glass of nice cold water.



Drink a hot chocolate.



Eat some turkey.



Enjoy a sunrise.



Feed the ducks.



Fix something that is broken.



Enter a contest.



Feed the seagulls.



Fly a kite.



Give some money to a good cause.



Fool around with play dough.



Get a haircut.



Get some fresh air.



Get a massage.



Go for a bicycle ride.



Go for a boat ride.



Go for a swim.



Have a good cry.



Hang a flag.



Meditate.



Play a board game.



Play fetch with a dog.



Pet a cat.



Play with a yo-yo.



Plant some seeds.



Have a hot bath.



Make a stick boat.



Eat an ice cream cone.



Lie in the grass and look up at the sky.



Hold a baby.



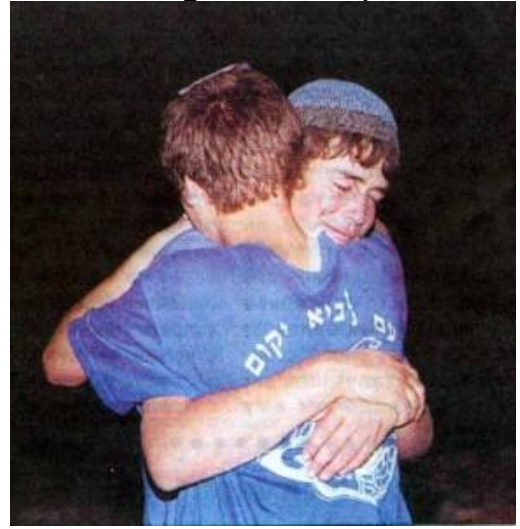
Drink some milk with Oreo cookies.



Laugh. Just laugh.



Hug somebody.



Listen to some beautiful music.



Make a snow angel.



Look at an old photo album.



Listen to the rain.



Listen to leaves blowing in the breeze.



Pick some wild flowers.



Read an upbeat blog.



Listen to the sound of a rushing river.



Make some paper planes and fly them.



Organize a closet.



Listen to the ocean's waves.



Pray.



Play catch with a friend.



Pick up some litter.



Play on the floor with a child.



March around the house making noise.



Enter a contest



Read the comics.



Skate outdoors.



Start a project.



Reread a book you loved before.



Say "I love you," to someone.



Share your cookies with a neighbor.



Sing.



Take some pictures.



Go for a walk in the rain.



Swing.



Visit an art gallery.



Thank someone.



Throw a Frisbee.



Volunteer in a nursing home.



Wash the car.



Walk through a pretty park.



Watch a sunset.



Watch squirrels chase each other.



Visit someone who is lonely.



Watch a parade.



Learn new things from TV.



Work in the garden.



Watch reruns of old TV shows.



Work on a jigsaw puzzle.



Smile as you watch birds feeding.



Write in your journal.



Watch America's Funniest Home Videos



Worship.



Take time to remember something nice and daydream about it for awhile.



Take a deep breath and exhale slowly, do this four times.



Write a note of encouragement to someone who could use it.



Write a note to an old friend that you have been out of contact for awhile.

