



THINGS TO DO WHEN YOU FEEL SHITTY

A SELF-CARE ZINE

hello

this is a collection of ideas and things that i find helpful when i am feeling shitty (depression and anxiety).

i am not a mental health professional but in my life i have come across resources like this zine which have helped me a lot, and i hope that maybe this zine can be that for someone else.

the things i found most helpful were getting on medication and seeing a psychologist and i highly recommend both options if they are available to you and work for you! but not everyone has the ability to do these things and not everyone responds the same way to medication so they are definitely not magic bullets.

here are some bonus online resources that i use:

<https://www.lifeline.org.au/> (an Australian crisis support line)

<https://www.rainymood.com/> (a white noise generator)

<https://mindspot.org.au/> (an online CBT course)

<https://www.headspace.com/> (a phone app with guided meditation, white noise generator, and mindfulness exercises, but it does have some paid content)

it seems kind of inappropriate to make this in the middle of a global pandemic but maybe that's really the best time? who knows

thank u for looking

-@geckonidae



are you tired?

are you hungry?

(have a rest. eat some food)



Wash your face
with cold water

if you have fancy
moisturizer
or soap
why not use that too



make some bad art

use some scribbles

drink a cup of tea

i like green tea with lemon,
berry,
or chamomile (good for sleeping?)

YOU CAN HANDLE THIS

it might not feel like it right now.
ask someone for help if you need it.
you've made it through before and
you can make it through now!



A photograph of a tropical garden scene. In the foreground, a large, dark, curved object, possibly a metal barrel or a large pot, is partially filled with water. The water reflects the sky and the surrounding foliage. In the background, there are various tropical plants, including tall grasses and palm fronds. The scene is brightly lit, suggesting a sunny day. The text "go for a walk" is overlaid in a large, green, sans-serif font at the top of the image.

go for a walk

I like to go at night and listen to loud music



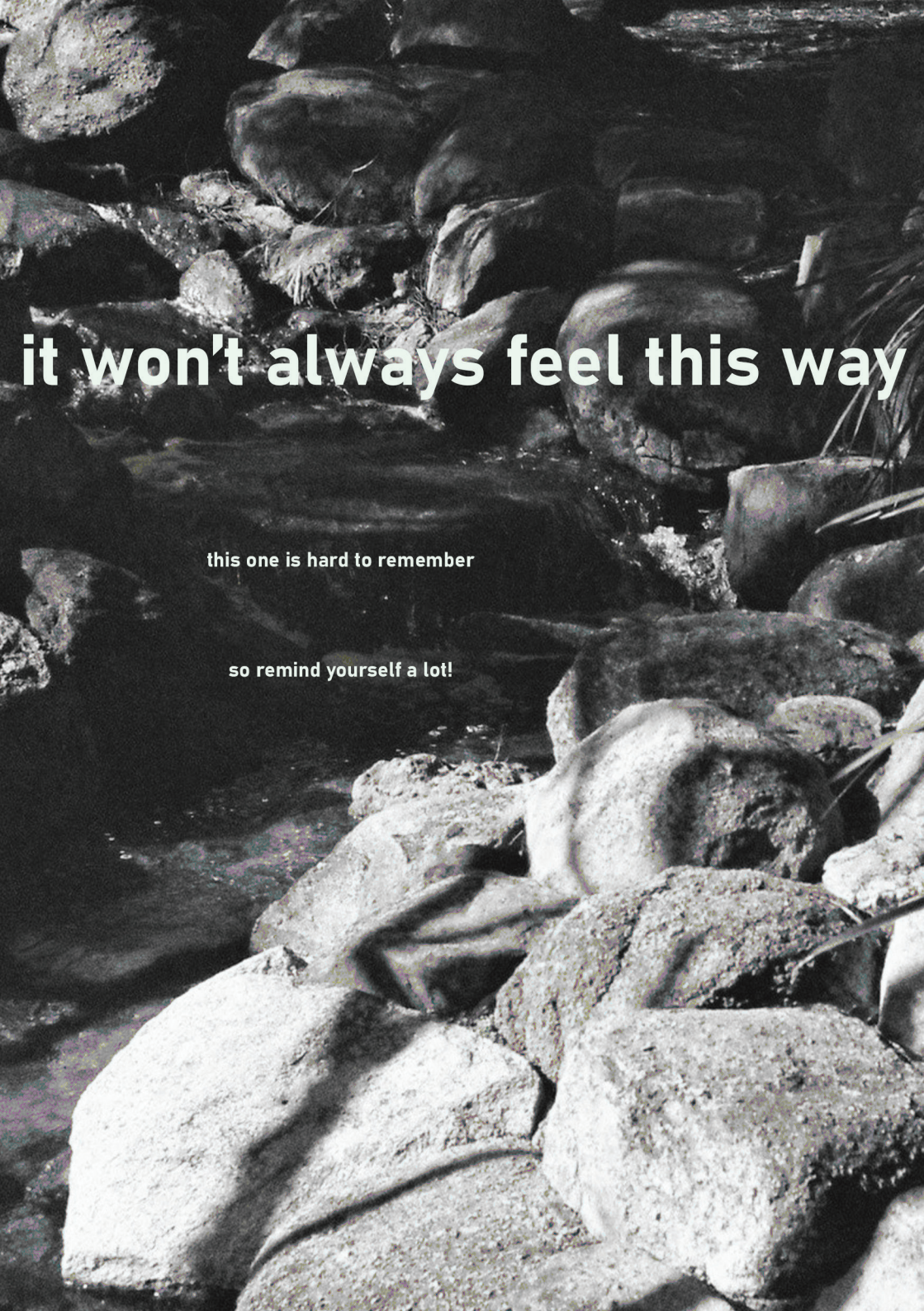
watch a fun video!

my favourites:

BTS - DNA, GoGo

Kyary Pamyu Pamyu - PonPonPon

Buttons the Cockatoo



it won't always feel this way

this one is hard to remember

so remind yourself a lot!



consult the stars

**i like to use co-star (android and iphone)
or golden thread tarot (android and iphone)**

i find it helps my mind to re-focus or see things from another viewpoint

light a candle, grab a crystal. make a big deal of it. its fun

if you like, you can print this page and colour it in



socratic questioning

i learnt this doing cognitive behavioral therapy and i find it really useful. it's a set of questions you can ask yourself and challenge your thoughts and beliefs. you can find lots of resources googling it or talk to a psychologist if that's an option for you!

your thought or idea

What evidence supports this idea?
And what evidence is against its being true?

What might be another explanation or viewpoint of the situation? Why else did it happen?

What are worst, best, bearable and most realistic outcomes?

What's the effect of thinking or believing this?
What could be the effect of thinking differently and no longer holding onto this belief?

Imagine a specific friend/family member in the same situation or if they viewed the situation this way, what would I tell them?

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@geckonidae on any platform you care to use

made on unceded Whadjuk Noongar land

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