

Spiral Upwards: The Positive Shift Checklist

When you're feeling hopeless or depressed, making a change often starts with taking positive action. Even a small positive step can help shift your downward spiral into an upward one. One small action can lead to another, and as you begin to do one positive thing, you may find yourself more willing to continue taking additional positive actions.

☐ **Move your body:**

- Stand up and stretch
- Go for a short walk, inside your home or outside
- Try a workout, yoga session, or a seated aerobics video on YouTube
- Dance to your favorite music, even if it's just "dancing" in a chair

☐ **Practice Self-Care:**

- Brush your teeth
- Brush your hair
- Wash your face
- Take a relaxing bath or shower
- Meditate or practice deep breathing exercises
- Get a good night's sleep

☐ **Engage in a Hobby:**

- Read a new book or listen to an audiobook
- Try a new recipe or cook a favorite meal
- Engage in a creative activity like drawing or crafting
- Try crocheting or knitting

☐ **Set Small Goals:**

- Make a to-do list and check off small tasks
- Put something away or empty the dishwasher
- Run a load of laundry
- Get the mail

☐ **Focus on Gratitude:**

- Write down three things you're grateful for every day
- Reflect on positive experiences or achievements
- Say thank you to someone who has helped you

☐ **Connect with Others:**

- Reach out to a friend or family member by phone or text
- Attend a social event
- Join an online community or group

☐ **Limit Negative Influences:**

- Take a break from social media
- Avoid consuming negative news or content
- Surround yourself with positive and supportive people