

Small Goals: *Baby Steps*

Depression can make people feel tired, forgetful, shut-down, and unable to do what they used to do.

Depression feeds on withdrawal and inactivity.

A strategy to help people feel more in charge of their lives and improve their self-esteem is through the attainment of daily small goals.

The emphasis on small goals is important. It slows down the person who pushes too hard so they don't get overwhelmed, and gently encourages the withdrawn person to begin taking charge of their life.

Select a Small Goal

-  Choose a small task and pick a time to do it.
-  The task should be easy enough to achieve even if you feel very down and don't have much energy.
-  Have a clear idea of what you are going to do and when and how you are going to do it, e.g., "go swimming at the community centre pool this Thursday evening for 15 mintues" rather than, "go swimming."

If you don't complete the goal don't give up — choose another time or break your goal into smaller parts.

Goals that involve action and thoughts are easier to know you've reached them than those involving emotions.

When you meet your goal, or part of it, congratulate yourself.

Remember: Start small with a baby step — you can always do more when you are able to.

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