

GRAPES for Depression

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
G (gentleness)							
R (relaxation)							
A (accomplishment)							
P (pleasure)							
E (exercise)							
S (social)							

GRAPES for Depression

*The goal is to do one thing from each category every day to help improve our mood. Remember, this is not expected to be up to “feeling good” standards. Think “baby steps.”

G is for gentleness: Talk to yourself with gentleness & forgiveness

R is for relaxation: Make some time to relax

A is for accomplishment: Try to accomplish at least one thing, such as laundry, completing 1 task, etc. It also helps to do things that we know we’re good at!

P is for pleasure: Try to experience pleasure from at least one thing, such as a song you enjoy, or a nice smelling candle.

E is for exercise: Try to get yourself moving! It's okay if it's not up to your standards of exercise if you weren't depressed. This may include just stretching or walking across campus instead of driving.

S is for social: Have a meal with friends, talk with your neighbors, text someone close to you (start off small).