



DEPRESSION CLEANING CHECKLIST



ESSENTIAL SURVIVAL RESET



When energy is limited, focus on what matters most.
These 5 actions restore basic comfort, hygiene, and safety.
Perfection can wait. Progress is what counts.

1



REMOVE VISIBLE TRASH

Collect all visible trash and dispose of it.
This instantly improves how your space feels
and removes sources of odor or mess.



2



GATHER DISHES INTO ONE PLACE

Collect all dishes and put them in one
place (sink, counter, or table). This reduces
visual clutter and helps maintain hygiene.



3



CLEAR THE SLEEPING AREA OR BED

Remove items from your bed and tidy
the area as much as you can. A clear bed
creates a sense of calm and rest.



4



CREATE A CLEAR WALKING PATH

Remove items from the floor so you can
walk safely through the room. This reduces
stress and helps prevent accidents.



5



CONSOLIDATE LAUNDRY INTO ONE BASKET OR PILE

Gather all laundry and put it in one basket
or pile. This reduces visual chaos and makes
it easier to manage later.



YOU'RE DOING ENOUGH.

Even doing one task is meaningful.
Small steps create big change.



REMEMBER:

Function over perfection.
Everything else can wait.