



# ROOM-BY-ROOM DEPRESSION CLEANING CHECKLIST



Small steps. Real progress. A space that supports you.



You don't need to do everything. Choose the smallest step that feels manageable in each room.



Do what you can



Rest is part of the process



## BEDROOM CHECKLIST

- Throw away visible trash
- Remove cups, plates, and food items
- Place dirty clothes in one basket or pile
- Clear the bed or sleeping area
- Change pillowcases or sheets if possible
- Wipe the nightstand or one nearby surface
- Open a window or adjust airflow



## BATHROOM CHECKLIST

- Throw away empty containers and trash
- Wipe the sink and faucet
- Clean the toilet seat and handle
- Replace towels if needed
- Put toiletries back in one spot
- Take out the bathroom trash



## KITCHEN CHECKLIST

- Gather dishes into the sink or dishwasher
- Throw away expired food or packaging
- Wipe one section of the counter
- Empty the trash if full
- Put food back in the fridge or pantry



## LIVING ROOM CHECKLIST

- Throw away visible trash
- Return items to one designated spot
- Clear the coffee table or one surface
- Fluff pillows or fold blankets
- Pick up items from walking paths



## ENTRYWAY OR HALLWAY CHECKLIST

- Pick up items from the floor
- Place shoes in one area
- Clear doorways and walkways
- Hang or stack coats and bags



## LAUNDRY CHECKLIST

- Collect dirty laundry into one basket
- Start one load if possible (sorting optional)
- Move clean clothes into one pile
- Fold or put away later when energy allows



## WHOLE-HOME RESET (IF YOUR ENERGY ALLOWS)



Take out all trash



Open windows or improve airflow



Lightly vacuum or sweep high-traffic areas



Wipe frequently touched surfaces



Progress over perfection. You're doing enough. One small step today can create a better tomorrow.

