



The SHRINK-MD Depression Reset

A simple guide for days when everything feels heavy

Depression often slows the body, drains energy, and pulls you into withdrawal and negative thinking. This reset helps gently restart momentum when motivation is low.

You don't need to do every step perfectly.
Start where you can.

S — Start with light and posture

- Open a curtain or step outside briefly
- Sit or stand upright
- Roll your shoulders back
- Take one slow breath

Light and posture help regulate mood and energy.

H — Have one small plan

- Choose one task under five minutes
- Shower
- Reply to one message
- Tidy one small area

Completion builds momentum.

R — Regulate sleep and wake times

- Pick a consistent wake time
- Get out of bed within 10 minutes
- Even after a rough night

Routine stabilizes mood and energy.

I — Increase movement gently

- Stand up
- Walk around your home
- Step outside briefly

Movement helps lift low energy and mental fog.



N — Nurture connection

- Text someone simple
- Sit in a shared space
- Be near others

Connection protects against worsening depression.

K — Keep self talk realistic

- Notice harsh thoughts
- Soften them slightly

Instead of:

“I’m failing” → “I’m having a hard day”

“Nothing helps” → “I’m still working through this”

Realistic thinking lowers shame and hopelessness.

M — Move toward meaning

- Read a few pages
- Water a plant
- Work on something you care about briefly

Action often brings interest back gradually.

D — Decide when to seek support

- If symptoms last over two weeks
- If energy, sleep, or daily function keeps worsening
- If interest in nearly everything is gone

Professional care helps recovery happen faster.

With practice, most people notice shorter spirals, faster recovery, less depressive episodes and more confidence moving forward. Progress is gradual and real.

Depression is part of being human. The goal isn’t to eliminate it but to respond in a way that keeps it from taking over.

If suicidal thoughts are present

If you are in the United States, call or text **988** for the Suicide & Crisis Lifeline.

If you are in immediate danger, call **911** or go to the nearest emergency room.

You do not have to manage that alone.

shrinkMD.com | Evidence based virtual mental health care





If This Isn't Enough Today

The Depression Reset is a coaching tool.

It is not a substitute for medical or mental health care.

If symptoms persist, worsen, or interfere with daily life, seek evaluation from a qualified healthcare professional.

This handout is for general educational purposes only.

It does not provide medical advice and does not establish a doctor patient relationship.

Depression is treatable.

Small consistent steps matter.