

# *Depression* REMINDERS

*Reminders For Anxious & Depressed Creatives*

- You are more than what you make
- Your productivity does not determine your value
- It's okay to do nothing sometimes
- Not everything you do has to result in a product
- Not everything you make has to be important
- You can make things just for yourself
- You can keep secrets for yourself
- You're allowed to say **no**
- You're allowed to *rest*

