

WHAT YOU CAN DO



WITH ALL THAT  
MESS

Black Girl, Lost Keys ©

## DEPRESSION MINIMUM CLEAN CHECKLIST

### KITCHEN:

- Empty the dishwasher
- Wipe visible surfaces
- Take out the trash
- Sweep and mop the floor

### LIVING ROOM:

- Vacuum the floor
- Wipe surfaces
- Take trash out

### BATHROOM:

- Clean the bathtub
- Clean the toilet
- Refill toilet paper
- Mop the floor

### BEDROOM:

- Change the bed covers
- Wash the linens
- Laundry in hampers
- Wipe surfaces