

PRACTICAL TIPS AND STRATEGIES

TO DEAL WITH DEPRESSION



EXERCISE DAILY

Daily exercise is not only good for your physical health but it is also amazing for your mental and emotional well-being. Even just 30 minutes of physical activity - like a nice walk- is enough to boost your mood and energy levels.



DO A FUN ACTIVITY

It is common for those with depression to lose interest in activities they used to enjoy and to feel unmotivated. However, if you can push through and do something fun you may gradually start to feel a sense of pleasure and more motivated overall.



PRACTICE GRATITUDE

The world can feel very meaningless and hopeless when living with depression. It is helpful to remind yourself of things in your life that you are grateful for, no matter how small, to create more positive perspectives.



CALL A FRIEND

When we are feeling down, it is tempting to curl up in bed and sleep the pain away. Calling a friend or loved one will help you feel less isolated and provide you with the social supports necessary for your mental and emotional well-being.



GET INVOLVED

Whether it is joining a team or volunteering in the community, getting involved in various social activities is important for one's sense of worth and accomplishment. Not only will you feel great about putting your skills to use, but you will also help others as well.

