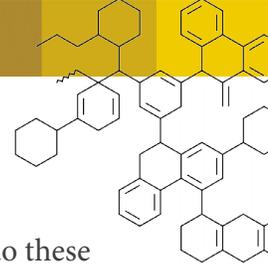


What You Can Do for Depression



Make time for activities you enjoy.

When you are depressed it is easy to leave activities behind that are good for you. Try to do these things again even if you are just “going through the motions” at first.



Avoid Junk food.

Eat lots of fruit and vegetables. Don't rush. Take your time when you eat.



Rest

Get plenty of rest and balance work and play.



Don't drink alcohol.

Alcohol may make you feel better when you drink it, but it has a depressant effect in the long run.



Limit caffeine to one or two drinks per day.

Caffeine can make the anxiety and sleep problems that go with depression worse.



Exercise.

20 minutes or more of brisk exercise per day helps to ease anxiety.



Socialize.

Spend time with people who encourage and support you.



Pass it on.

Do something kind for someone else each day.



Think positively.

Negative thinking can make depression worse and become a bad habit. Replace realistic, positive thoughts for unreasonable, negative ones.



Set simple goals and take small steps.

It's easy to feel overwhelmed when you are anxious. Break problems down into small steps and give yourself credit for each step you take.

My Goal Is: _____

Step 1: _____

Step 2: _____

Step 3: _____



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