

# 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:** \_\_\_\_\_