Managing Your Depression: Things you can do to help yourself

Depression is treatable!

#1 Stay physically active.
- exercise
- ride a bike
- go for a walk

#2 Make time for pleasurable activities
- listen to music
- watch a video
- do a hobby

#3 Spend time with people who can support you.
- hugs help
- talk with a friend

#4 Practice relaxing.
- try taking a bath when you feel tense

#5 Simple goals and small steps.
- set reasonable goals you can attain
- acknowledge your accomplishments
- Don't try to solve the big problems all at once.
- Break them up into smaller steps.

#6 Eat balanced nutritious meals.
- cut down on junk food
- include fruits and vegetables
- avoid alcohol

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