

Managing Your Depression: Things **You** Can Do To Help Yourself



Stay physically active.



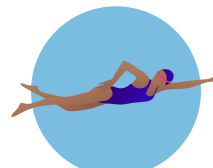
Ride a Bike



Exercise



Go for a Walk



Go for a Swim



Play a Sport

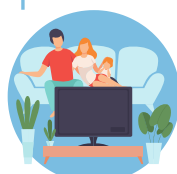
Make time for pleasurable activities.



Read a Book



Listen to Music



Watch TV or a Movie



Do a Hobby



Enjoy the Outdoors

Spend time with people who can support you.



Talk with Friends



Connect



Exchange a Hug



Play a Game

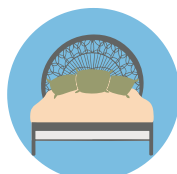


Talk on the Phone

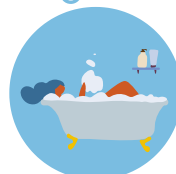
Practice relaxing.



Practice Mindfulness



Get Plenty of Rest



Take a Bath



Enjoy Your Surroundings

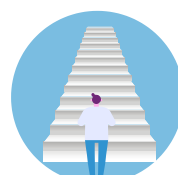
Set simple goals and small steps.



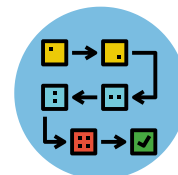
Set Reasonable,
Attainable Goals



Acknowledge Your
Accomplishments



Don't Try to Solve
Big Problems All at Once



Break Tasks Up into
Smaller Steps

Nourish yourself.



Drink Water



Eat Plenty of Fruits and Vegetables



Avoid Alcohol