Depression is Treatable!



Managing Your Depression: Things you can do to help yourself

1. Stay physically active.





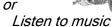
Exercise, stretch, go for a walk or a swim!

2. Make time for pleasurable activities.

Do your favorite hobby



Play a video





3. Spend time with people who can support you.





Hugs help



Talk with a friend

4. Practice relaxing.



When your baby is napping, rest and put your feet up



Try taking a bath when you feel tense

5. Simple goals and small steps.

Set reasonable goals you can attain



Don't try to solve the big problems all at one Break them up into smaller steps



6. Eat balanced nutritious meals.

Include fruits and vegetables

Cut down on junk food







Avoid alcohol