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 or Listen to music

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