

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!



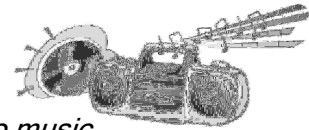
2. Make time for pleasurable activities.

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*