



## Managing Depression

Everyone feels sad or down from time to time, especially when something bad or unexpected happens. However, depression is a condition where people experience a persistently depressed mood or loss of interest in daily activities. This information sheet provides tips and suggestions to help manage symptoms of depression.



### Be Active

Find exercises that are continuous and rhythmic like swimming, walking, or dancing



### Do Things You Enjoy

Listen to music, watch TV, read, draw, or play games.

### Continue Everyday Tasks

Try to keep doing your regular daily activities like going to school/work, doing chores, and maintaining your hygiene.

### Seek Help

Talking to a therapist, physician, or other mental health professional can help.

### Challenge Negative Thoughts

Try to find other ways of looking at a situation. It may not be as bad as you initially think.

### Spend Time in Sunlight

Get outside or increase sunlight in your home.



### Eat Healthy

Don't skip meals, avoid alcohol, cigarettes, and drugs, and minimize sugar.



### Reduce Stress

Practice meditation or deep breathing as a way to help reduce stress.



### Stay Connected

Surround yourself with friends and family to support you. Keep up with social activities, even if you don't want to.



### Get the Right Sleep

Sleeping too little or too much can make depression worse, so aim to get 8 hours of sleep a night.