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

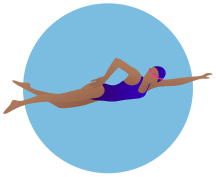
Depression **is** treatable!

Stay physically active.

Ride a Bike

Exercise

Go for a Walk

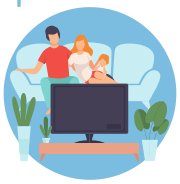

Go for a Swim

Play a Sport

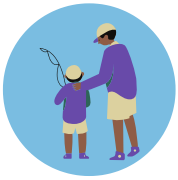
Make time for pleasurable activities.

Read a Book

Listen to Music


Watch TV or a Movie

Do a Hobby


Enjoy the Outdoors

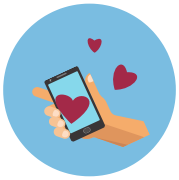
Spend time with people who can support you.

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

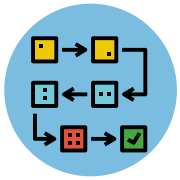
Enjoy Your Surroundings

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

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