



# Managing Your Depression: Things you can do to help yourself



**Depression is treatable!**

## #1 Stay physically active.



ride a bike



exercise



go for a walk

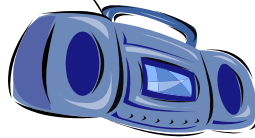


go for a swim

## #2 Make time for pleasurable activities



watch a video

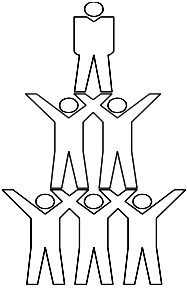


listen to music



do a hobby

## #3 Spend time with people who can support you.



hugs help



talk with a friend



try taking a bath when you feel tense



## #4 Practice relaxing.

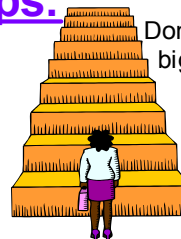
## #5 Simple goals and small steps.



set reasonable goals you can attain



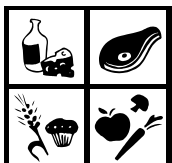
acknowledge your accomplishments



Don't try to solve the big problems all at once.



Break them up in to smaller steps.



cut down on junk food



include fruits and vegetables



avoid alcohol

## #6 Eat balanced nutritious meals.

