

## Some hints to help your *Depression*



If you suffer from depression:

1. Make and keep appointments with your doctor or therapist.
2. Take your medications as prescribed.
3. Tell your doctor or therapist if you are feeling worse.
4. Make a routine to get up everyday.
5. Think positive... “Sunshine is so warm and friendly”... “I can handle this.”
6. Do a good deed for someone... smile... open a door... give a complement.
7. Do something productive each day.
8. Talk to friends and family.
9. Socialize... Join a group of people who share your interests.
10. Try doing something new. You may have fun, or find new friends.
11. Take time for yourself.
12. Seek comfort in your spiritual beliefs.
13. Get a good restful sleep.
14. Eat regular meals, and choose healthy snacks.
15. Exercise. It helps reduce depression.... Go for a walk, ride a bike... (you may have to check with your doctor first)
16. Enjoy uplifting books, movies and music.

***Remember... “...the harder the conflict, the more glorious the triumph.” ...Thomas Paine***