

WAYS TO STOP DEPRESSION

1

DAILY SELF-CARE

Shower, Brush teeth and hair, wear clean clothes.

2

GET ENOUGH SLEEP

Your body needs restorative sleep to recover from depression. Make sleep a priority.

3

NOURISH YOUR BODY WITH HEALTHY FOOD

Don't try to stuff painful emotions with food. "Comfort foods" will deplete you further.

4

AVOID ALCOHOL AND DRUGS

Alcohol is. a depressant and will make it much harder to recover. Drugs don't help you feel in control of your health.

5

EXERCISE

Even 1 hour per week of exercise can prevent and treat depression.

6

MANTRAS TO COMBAT NEGATIVE THOUGHTS

Interrupt negative thinking patterns by using positive mantras to shift your thoughts.

7

RELAXATION, MEDITATION, MINDFULNESS

Use stress management and grounding techniques to bring yourself back to the current moment

8

MAKE POSITIVE CHOICES, SAY YES MORE

If you would do something if you weren't depressed than continue to do it now.

9

UPLIFTING DISTRACTIONS

Watch a funny movie, play with a pet, listen to music, and dance.

10

GO TO THERAPY AND SEE A PSYCHIATRIST

Get an evaluation, treatment, and support. Sometimes antidepressants are necessary for recovery