

# TIPS FOR DEPRESSION



- TAKE TIME FOR YOURSELF EVERY DAY TO CONNECT TO VALUE SYSTEM OR HIGHER PURPOSE (*mindfulness, meditation, yoga*)
- LOOK FORWARD TO SOMETHING EVERY WEEK. NEEDS TO BE SIMPLE, CONSISTENT, INEXPENSIVE AND PLANNED.
- EAT HEALTHY DIET LOW IN SUGARS, ARTIFICIAL STIMULANTS AND CARBOHYDRATES (*these substances can cause fatigue and changes in mood*)
- GET REGULAR AEROBIC EXERCISE.  
(*great data on positive benefits of regular exercise on our mental health*)
- TAKE MEDICATIONS AS PRESCRIBED BY YOUR DOCTOR.  
(*very important to be consistent*)
- COUNSELLING, EITHER FORMAL OR INFORMAL IF NEEDED.  
*Just talking about how you feel helps.*