Screening for Mental Health® 6 Steps to Coping WITH DEPRESSION

So many times, when someone is struggling with depression, others will say "take care of yourself." However, it can be hard to know exactly what that means. If you think you have depression, getting professional help is important. In addition to professional treatment, these tips may help you cope with your depression.

4

Get out there.

Although everyone needs down time, resist the urge to isolate yourself. If a friend asks you to go out and you don't feel up to it, commit to something smaller—coffee instead of dinner. a walk instead of a night out. It might make you feel better.

Whatever movement you can do, give it a try!

Exercise is a natural mood booster, releasing endorphins (feel-good hormones) and reducing stress.

Move your feet.

Find support.

Look around your community for a local group where you can get some support. A quick internet search for "local depression support group" will likely yield you some great options.

Eat well.

Depression makes some people lose their appetite and others eat more. It's important to try and eat a healthy diet when you're depressed to give you the greatest chance of feeling well physically. Carbohydrates are especially helpful for serotonin production, but try complex carbs such as whole grains, fruits, and vegetables.

5 Focus on today.

Don't try to project too far ahead. Focus on just getting through this day.

Try a mindfulness exercise

Research shows that being mindful can interrupt the negative thoughts that people with depression often have. One simple exercise is to stop and focus on your breath. Another is to take a walk, focusing on the feeling of your feet on the ground and what you see.

Remember that you will feel better. Your depression is not forever. Feelings of hope will replace feelings of hopelessness, and your mood will improve.,

Exercise and Depression. (2015). WebMD. Retrieved March 3. 2015. from http://www.webmd.com/depression/guide/exercise-depression. Coping and Support. (2014). Mayo Clinic. Retrieved March 3. 2015. from http://www.mayoclinic.org/diseases-conditions/depression/basics/coping-support/con-20032977 Steffen, J. (n.d.)Six Tips to Help You Through a Depressive Episode. (n.d.) http://psychcentral.com/blog/archives/2015/02/23/6-tips-to-help-you-through-a-depressive-episode/ Depression and Diet. (n.d.) Web MD. Retrieved March 3. 2015, from http://www.webmd.com/depression/guide/diet-recovery (n.d.) Borchard, T. (2014). How Does Mindfulness Reduce Depression? An Interview with John Teasdale, Ph.D.. Psych Central. Retrieved on March 2. 2015, from http://psychcentral.com/blog/archives/2014/01/19/ how-does-mindfulness-reduce-depression-an-interview-with-john-teasdale-ph-d/