



Managing Depression:

- 1. Recognize that it is temporary. Depression is a mood state that can lift as quickly as it came. Being patient with yourself can reduce unnecessary expectations during periods of feeling low.**
- 2. Maintain connection. Having relationships can reduce sadness and isolation. This can be difficult when you are already feeling low but loved ones and friends care and likely want to help you recover.**
- 3. Sunlight. Getting a little extra sunlight has shown to increase serotonin and Vitamin D levels which helps to improve mood.**
- 4. Exercise. It does not have to be something excessive or strenuous, a leisurely walk or short burst of activity can boost endorphins, the natural feel-good chemicals the body makes.**
- 5. Get dressed. A little self-care like a shower and fresh clean clothing can help lift mood and bring more accomplishment in a day.**
- 6. Limit sleep. Too much sleep can disrupt sleep patterns and create more mood symptoms. Limiting time in bed and napping has therapeutic benefits for recovering from depression,**
- 7. Keep a routine. If all you can do while you are depressed is get dressed and watch TV for hours, then that is what your routine will be. Slowly adding more activity to your routine will help create positive results.**
- 8. Make your bed. Healthy routines can start with making your bed. Watch: <https://www.youtube.com/watch?v=tmbQfFVyxhU>**
- 9. Have a furry friend to talk to. Pet therapy has been shown to increase energy, positive mood, and diminish feelings of stress.**