Make sure you get enough sleep and are eating nutritious foods

See your health care provider for an appropriate diagnosis and to see if there are medical needs to be addressed

Spend time with people you enjoy; don't isolate

Effectively coping with Depression

Structure your day; set a schedule to follow

Make sure you are engaging in pleasureable activities every day

with your health care provider

Research suggests that exercise can

help to improve mood (always check

regarding exercise recommendations)

Be aware of your negative thoughts; write them down and next to it write down a more positive and realistic thought

take

Stop throughout the day and take several deep breaths

Take one step at a time; doing too much can be over-whelming

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