

Tips to Fight Depression

Here are some ideas to help keep depression from dragging you down.

- 1 Reach out for help.**

Most people with depression can recover fully with effective treatment. Your doctor can guide you to the right medication and/or therapy to help you start feeling better, faster.
- 2 Be kind to yourself.**

It's okay not to do things exactly "right" — no one is perfect. Allow yourself to feel positive about your accomplishments (big and small) instead of berating yourself over all the things you "didn't do."
- 3 Remember, tomorrow is a fresh start.**

Learn to accept that some days will be difficult while others will be great. If today wasn't your best day, tomorrow is an opportunity to try again.
- 4 Find a small hobby that makes you feel good.**

Maybe that's cooking or baking, video games or puzzles, reading, riding a bike — even keeping a plant alive counts! These types of activities can lift your spirits without requiring a ton of effort or commitment.
- 5 Connect with loved ones.**

It can be tempting to pull away from others when you're depressed, but face-to-face time with friends and family can help you feel better. If you can't see them in person, phone calls or video chats are easy for everyone.
- 6 Set attainable goals.**

Maybe your to-do list is so long, you'd rather do nothing. Try setting a small, specific goal — instead of "clean the house," try "do the dishes." Once you complete one small thing, set your sights on another, then another.
- 7 Take a walk.**

Exercise may seem like the last thing you want to do, especially on those days you don't want to get out of bed. But physical activity is a powerful depression fighter. For some people, exercise can be just as effective as medication at relieving depression symptoms.
- 8 Listen to music.**

Music has been proven to boost your mood and alleviate symptoms of depression. It can even strengthen your reception of positive emotions.
- 9 Practice gratitude.**

Gratitude can have lasting positive effects on your overall mental health. Try writing down a few things you're grateful for, including writing thank you notes to others.