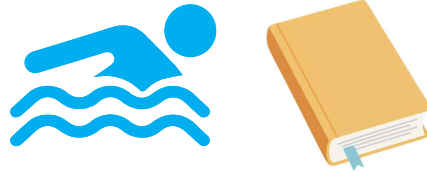


Everyone feels sad or down from time to time, especially when something bad or unexpected happens. However, depression is a condition where people experience a persistently depressed mood or loss of interest in daily activities. This information sheet provides tips and suggestions to help manage symptoms of depression.

BE ACTIVE

Find exercises that are continuous and rhythmic like swimming, walking or dancing.



DO THINGS YOU ENJOY

Listen to music, watch TV, read, draw, or play games.

CONTINUE EVERYDAY TASKS

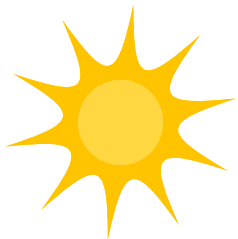
Try to keep doing your regular daily activities like going to school/work, doing chores and maintaining your hygiene.

SEEK HELP

Talking to a therapist, physician or other mental health professional can help.

CHALLENGE NEGATIVE THOUGHTS

Try to find other ways of looking at a situation. It may not be as bad as you initially think.



SPEND TIME IN SUNLIGHT

Get outside or increase sunlight in your home.

EAT HEALTHY

Don't skip meals, avoid alcohol, cigarettes or drugs and minimize sugar.



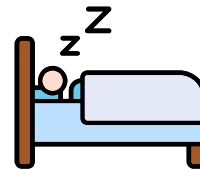
REDUCE STRESS

Practice meditation or deep breathing as a way to help reduce stress.



STAY CONNECTED

Surround yourself with friends and family to support you. Keep up with social activities, even if you don't want to.



GET THE RIGHT SLEEP

Sleeping too little or too much can make depression worse, so aim to get 8 hours of sleep a night.