

MANAGING DEPRESSION

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.



Challenge Negative Thoughts

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

Stay Connected

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

Continue Everyday Tasks

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



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.

Seek Help

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



Reduce Stress

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

Get the Right Sleep

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



This information sheet was developed by the Autism Services, Education, Resources, and Training Collaborative (ASERT). For more information, please contact ASERT at 877-231-4244 or info@PAautism.org. ASERT is funded by the Bureau of Autism Services, PA Department of Human Services.