

How to Fight Depression and Feel Better!

- **Exercise** 3 to 5 times a week for 20-30 min. Walk, aerobics, basketball, bike, etc
- **Go outside** and get some sun 30+ min a day or use a light therapy box in the winter for 15 min-2 hours a day
- **Practice Positive Thinking.** Question negative thoughts. Are they reality? Look for positive things that happened that day and write them down.
- **Meditate.** Try youtube videos or meditation apps.
- **Practice Deep, slow breathing**
- **Yoga**
- **Get in a routine** with a daily schedule. Try to get your sleep back on track with regular bedtimes and wake-up times.
- **Don't isolate yourself.** Spend more time out of the bedroom than in it. Spend time with others.
- **Try new things.** Do something different. Challenge yourself.
- **Do fun activities** you used to love even when you don't feel like it. Your mood may change after you get started.
- Take multi-vitamins, supplements, prescribed medication

