

Coping With Depression

10 STEPS

- 01** Develop a strong support network. Reach out to people who would listen and provide support.
- 02** Learn how to sit with difficult emotions. Take 5 minutes to be with some of the feelings that trigger your depression.
- 03** Improve your sleep. Create a relaxing bedtime routine.
- 04** Develop good nutrition. Cook healthy and comforting meals.
- 05** Challenge and reframe your negative thoughts.
- 06** Keep up with your household chores.
- 07** Go out with friends. Isolation fuels depression, so get out and enjoy your friends.
- 08** Move your body. Generate some happy chemicals in your brain by walking, doing yoga, or dancing.
- 09** Journal your feelings.
- 10** Seek therapy.