

Activities that can help with your depression

- Find appropriate treatment - ask for assistance, if necessary ask a friend to make an appointment with a psychologist/counsellor or your GP.
- Ask a friend or support person to accompany you to treatment
- Increase light in your environment – open your curtains, spend time outside in daylight.
- Exercise – 20 minutes or more of exercise increases endorphin levels, which improves mood.
- Set small goals each day and reward yourself for achieving them.
- Increase contact with other people.
- Seek help with activities if necessary - personal hygiene/make-up/ housework, gardening, etc.
- Look for pleasures and positives – even in small things
- Develop a daily activities schedule such as hourly tasks, even small things like showering and dressing can help.
- Each night before going to sleep, recall three good things that have happened that day and write them down.
- Minimise alcohol use as this usually makes depression worse.
- Cut down on smoking.
- Have a healthy diet.