

Tips to fight negative feelings and to help with treatments for any mental illness

Go outside! Staying inside all the time, especially in winter, can be really draining. Getting outside and enjoying the sun and fresh air can lift your spirits.

- **Exercise** - Try to get at least a half hour of vigorous physical activity (e.g., a brisk walk) each day.
- **Be social** - Get out there! Even if you're not in the mood, you may find that being out with people you like helps you to feel better.
- **Stop thinking so much** - Too much over analyzing and ruminating about things makes you feel worse. Turn off your brain, just for a little bit.
- **Talk** - Talk to people you can trust about your feelings and concerns. Sharing your feelings with someone else can feel like a weight is lifted off your chest.
- **Relax** - Take time for yourself everyday. Consider trying yoga, meditation or breathing exercises.
- **Eat healthy** - Eating a balanced diet gives your body the fuel it needs to combat stress. Try not to skip meals and go easy on the junk food. Check out www.choosemyplate.gov for some good information on healthy eating. They even have a program called SuperTracker that helps you plan out what you should be eating each day.
- **Stay away from alcohol and drugs** - Alcohol and many drugs are depressants, which mean that they may actually worsen your depressive feelings.
- **Laugh** - Watch a funny movie or funny videos. Talk to someone who makes you laugh. Exposing yourself to things that make you happy is an important part of feeling better.
- **Problem solve** - Take control. Consider one problem at a time and plan out possible solutions. Ask someone you trust to help you brainstorm. Don't try to deal with everything all at once; that's the fastest way to feel overwhelmed.
- **Structure your day** - Give yourself something to do, even if you start small. Even activities like showering, walking the dog, or making lunch can make you feel better. Having some structure in your day makes a big difference in how you feel. Keeping a daily diary or schedule can be a big help, especially if you're a visual person.
- **Get enough sleep** - You need between seven and nine hours per night.

Adapted from: <https://www.jack.org/resources/everything-you-need-know-about-depression>