

OVERCOMING DEPRESSION

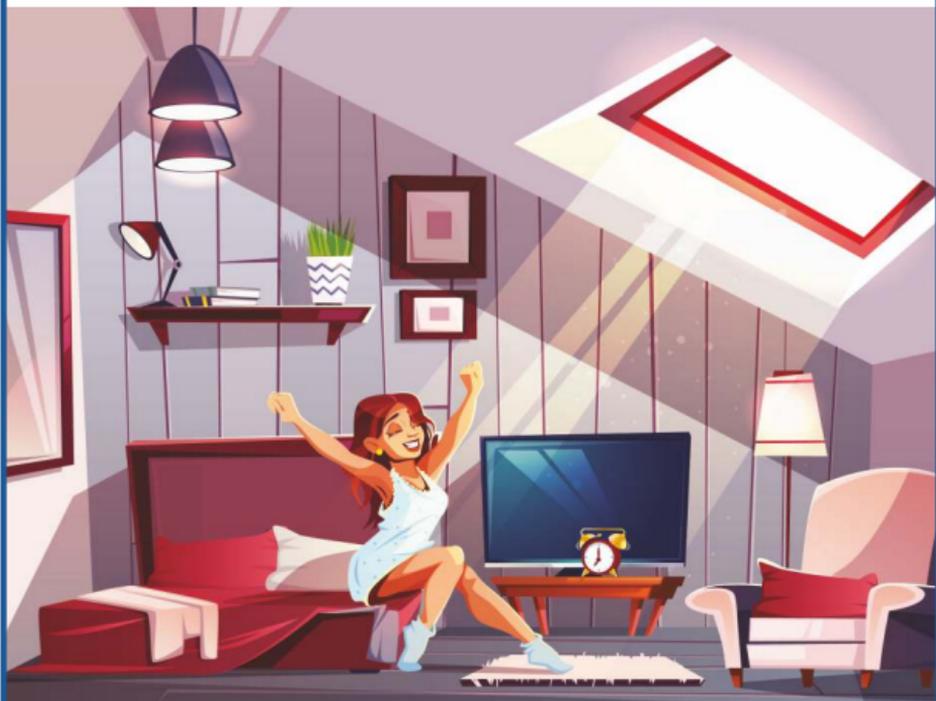


Keep Going: You are not Alone

START YOUR DAY WITH A FRESH MOOD

EXPOSE YOURSELF TO SUNLIGHT

Get outside and expose yourself to the sun for at least 15 minutes a day.



PERFORM EXERCISE

Exercising for 30 minutes a day, 3–5 days a week may help improve mood and boost self-esteem.



EAT GOOD TO FEEL GOOD

CONSUME HEALTHY DIET

Consume wholegrain cereals, peas, beans, lentils, nuts, fruits and vegetables that are rich in proteins, vitamins and minerals. Drink plenty of water and avoid junk foods.



AVOID ALCOHOL

People suffering from depression should stop drinking alcohol.



BE SOCIALLY CONNECTED WITH PEOPLE

SOCIAL SUPPORT

Spend time with your friends and loved ones. Bond with a pet.



MANAGE YOUR STRESS

STRESS MANAGEMENT

Watching your favourite movie, reading a good book, listening to good music are some ideas to fight stress and depression.



PRACTICE MEDITATION

Practicing meditation improves mood and prevents depression episodes.



Make some time for creative activities

Involve yourself in creative activities, such as drawing, painting and poetry.



HAVE A NICE SLEEP

GET ENOUGH SLEEP

Get enough sleep to reduce the symptoms of depression.



REDUCE USE OF SMART PHONES AND INTERNET USE

Frequent use of smart phones and internet may cause depression. Avoid spending more time on phones and internet.



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Depression
Free India

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