

“A sad soul can kill you quicker than a germ.” ~John Steinbeck

Tips to Fight Depression

If you feel depressed, it's best to do something about it — depression doesn't just go away on its own. In addition to getting help from a doctor or therapist, here are 5 things you can do to feel better.

Exercise: Take a 15- to 30-minute brisk walk every day — or dance, jog, or bike if you prefer.

Nurture yourself with good nutrition: Proper nutrition can influence a person's mood and energy. So eat plenty of fruits and vegetables and get regular meals (even if you don't feel hungry, try to eat something light, like a piece of fruit, to keep you going).

Identify troubles, but don't dwell on them: Try to identify any situations that have contributed to your depression. When you know what's got you feeling blue and why, talk about it with a caring friend.

Express yourself: With depression, a person's creativity and sense of fun may seem blocked. Take time to play with a friend or a pet, or do something fun for yourself. Find something to laugh about — a funny movie, perhaps.

Look on the bright side: Depression affects a person's thoughts, making everything seem dismal, negative, and hopeless. If depression has you noticing only the negative, make an effort to notice the good things in life.



“It’s normal to get depressed around the holidays, especially when we put too much pressure on ourselves.”

Cartoon used with special permission from glasbergen.com

Source: http://kidshealth.org/teen/your_mind/problems/depression_tips.html