

## Coping With Depression

### **How to overcome depression and regain a positive outlook**

1. Be aware of the cause of your depression and try to be optimistic about the future.
2. Try to be aware of your negative thoughts and replace them with positive ideas.
3. Focus on your positive experiences.
4. Make a weekly list of your positive accomplishments.
5. Get socially active.
6. Make a weekly schedule of your daily activities and do not forget to include social activities.
7. Find a hobby or two.
8. Exercise daily.
9. Use self-relaxation techniques whenever you feel tense. For example, slowly breathe in and out for several minutes until your whole body feels relaxed.
10. Do some volunteer work to keep you active.
11. Set realistic goals.
12. Learn to accept that everyone has different abilities and focus on your unique characteristics and positive accomplishments.
13. Be assertive when you are expressing anger.
14. Try to understand and develop your strengths.
15. Get professional help if symptoms of depression persist.

### **How to help a depressed person**

1. Do not tell a depressed person that you know what he/she is feeling. The person may become angry with you.
2. Be supportive and patient.
3. Let the person know that you are concerned and that you will be there for him/her.
4. Encourage the person to seek professional help if the symptoms are persistent and seem to interfere with activities for daily living.