



## **Managing Your Depression**

Ideas for young adults coping with depression.

### **Eat healthy**

Depression often affects appetite. You may have no desire to eat. However, your body needs nutritious food in order to properly function. Healthy eating can also positively impact your brain.

### **Exercise**

There are all kinds of benefits to exercising, and though you may feel that this is the last thing you want to do when you are depressed, research shows that exercise helps improve your mood and that vigorous exercise can help relieve the symptoms of depression.

### **Sleep**

Good sleep matters. Think of yourself as a phone and sleep as its charger – without sleep the brain and body will eventually shut down. Teens should strive for 8-10 hours of sleep per night. It's more than adults need because teens are still growing.

### **Talk to a trusted friend or adult about your thoughts and feelings**

It's very helpful to have someone to talk to when you are depressed. Talking is a good way to begin to understand the emotions you are feeling, which sometimes, until they are articulated, can seem vague and unconnected to one another. Choose someone you trust and whose advice and opinion you value.

### **Journal and be mindful**

Journaling is a great way to express your feelings. Think about sharing your journal with your therapist. It may be very helpful during your treatment. Mindfulness can also be helpful in living in the moment and better understanding yourself.

### **Do something fun with a friend**

Go to dinner or the movies together. When you are depressed, you often distance yourself from people you love. You think they will find you boring, or that you will find them boring. This is the depression talking. Try to fight the impulse to isolate yourself. Being with your friends will help you feel better and help you realize that your current ideas about yourself or your friends are not accurate.

### **Learn a new skill, hobby or interest**

Lack of interest in things is one of the symptoms of depression, so it's natural to resist learning anything new. But learning something new can help you regain the interest that seems lost during depression.

### **Play and listen to music. Dance. Do something that relaxes you**

All of these things are great strategies for dealing with depression. They can help relieve the constant feeling of sadness you may be feeling.

### **Talk to a therapist or other mental health professional**

A counselor, therapist, social worker or another mental health professional is trained to support and treat your depression. Many different types of providers may be available to assist you.

If you need to speak with someone immediately, please text LISTEN to 741-741 or call 1-800-273-8255.  
If this is an emergency, please call 911.