

# How to deal with Depression

Depression drains your energy, hope, and drive, making it difficult to do what you need to feel better. But while overcoming depression isn't quick or easy, it's far from impossible. You can't beat it through sheer willpower, but you do have some control—even if your depression is severe and stubbornly persistent. The key is to start small and build from there. Feeling better takes time, but you can get there if you make positive choices for yourself each day.

Getting the support you need plays a big role in lifting the fog of depression and keeping it away. On your own, it can be difficult to maintain perspective and sustain the effort required to beat depression, but the very nature of depression makes it difficult to reach out for help. However, isolation and loneliness make depression even worse, so maintaining your close relationships and social activities are important.

The thought of reaching out to even close family members and friends can seem overwhelming. You may feel ashamed, too exhausted to talk, or guilty for neglecting the relationship. Remind yourself that this is the depression talking. You loved ones care about you and want to help.

**Turn to trusted friends and family members.** Share what you're going through with the people you love and trust. Ask for the help and support you need. You may have retreated from your most treasured relationships, but they can get you through this tough time.

**Try to keep up with social activities even if you don't feel like it.** Often when you're depressed, it feels more comfortable to retreat into your shell, but being around other people will make you feel less depressed.

**Join a support group for depression.** Being with others dealing with depression can go a long way in reducing your sense of isolation. You can also encourage each other, give and receive advice on how to cope, and share your experiences.

**Think outside yourself.** Ask yourself if you'd say what you're thinking about yourself to someone else. If not, stop being so hard on yourself. Think about less harsh statements that offer more realistic descriptions.

**Allow yourself to be less than perfect.** Many depressed people are perfectionists, holding themselves to impossibly high standards and then beating themselves up when they fail to meet them. Battle this source of self-imposed stress by challenging your negative ways of thinking.

**Socialize with positive people.** Notice how people who always look on the bright side deal with challenges, even minor ones, like not being able to find a parking space. Then consider how you would react in the same situation. Even if you have to pretend, try to adopt their optimism and persistence in the face of difficulty.

**Keep a "negative thought log."** Whenever you experience a negative thought, jot down the thought and what triggered it in a notebook. Review your log when you're in a good mood. Consider if the negativity was truly warranted. Ask yourself if there's another way to view the situation. For example, let's say your boyfriend was short with you and you automatically assumed that the relationship was in trouble. It's possible, though, he's just having a bad day.

**Aim for eight hours of sleep.** Depression typically involves sleep problems. Whether you're sleeping too little or too much, your mood suffers. Get on a better sleep schedule by learning healthy sleep habits.

**Expose yourself to a little sunlight every day.** Lack of sunlight can make depression worse. Make sure you're getting enough. Aim for at least 15 minutes of sunlight a day to boost your mood.

**Keep stress in check.** Not only does stress prolong and worsen depression, but it can also trigger it. Figure out all the things in your life that stress you out. Examples include: work overload, unsupportive relationships, taking on too much, or health problems. Once you've identified your stressors, you can make a plan to avoid them or minimize their impact.

**Practice relaxation techniques.** A daily relaxation practice can help relieve symptoms of depression, reduce stress, and boost feelings of joy and well-being. Try yoga, deep breathing, progressive muscle relaxation, or meditation.

**Care for a pet.** While nothing can replace the human connection, pets can bring joy and companionship into your life and help you feel less isolated.

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