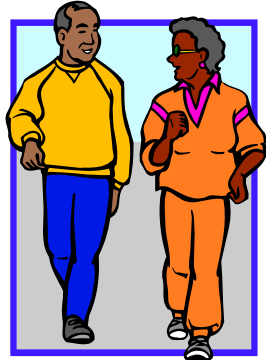


Managing Depression

There are many things you can do to help yourself feel better.

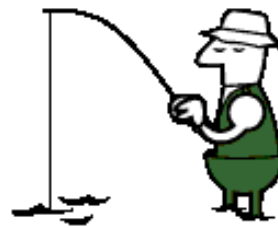
Exercise

- Take stairs
- Dance (even at home!)
- Park far from store door
- Get an exercise video tape or do chair exercises
- Walk everyday (home, mall) with a friend
- Go to the park with your children or grandchildren



Make Time for Fun

- Do a hobby
- Listen to music
- Watch a video or go to the movies
- Go to the Beach
- Have a picnic
- Visit the library



Keep in Touch with Friends and Loved Ones

- Telephone
- Have a cup of coffee with someone
- Visit family members or call them to visit you
- Go to church



Relax

- Take some deep breaths
- Go to a quiet place and read
- Sit outside and listen to the birds
- Go to a park and enjoy nature
- Take a warm bath



Take Medications as Directed



Your Own Ideas?