

LIVING WITH DEPRESSION?

COUNCIL FOR
Relationships

Therapy & Psychiatry
Since 1932

10 Tips To Cope with Depression



Physical Exercise

Exercise daily to boost endorphins and reduce stress. Aim for 30 minutes of walking, yoga, or sports.



Challenge Negative Thoughts

Challenge negative thoughts: consider evidence for and against them. Offer yourself the advice you'd give a friend.



Connect with Others

Reach out to friends or family for support. Talking about your feelings can provide relief and perspective.



Limit Information Overload

Stay informed but set boundaries on how much news or information you consume, especially during stressful times.



Practice Gratitude

Keep a gratitude journal to focus on positive aspects of your life. This shift in perspective can help reduce feelings of depression.



Prioritize Good Sleep Hygiene

Prioritize restful sleep for emotional regulation: create a bedtime routine with soothing drinks, audiobooks, or blankets.



Healthy Diet

Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins to support overall mental health.



Set Goals

Establish small, achievable goals to create a sense of accomplishment and purpose.



Engage in Hobbies

Spend time on activities you enjoy or explore new interests to boost your mood and provide fulfillment.



Nature Exposure

Spend time outdoors. Nature has a calming effect and can improve mental well-being.

Individual, couples, family, and relationship therapy is available. Get matched with a CFR Therapist who fits you and your budget.

