How To Combat Depression

Step By Step

First Steps



Try walking 30 minutes outdoors every day



Eat regularly, aim for balanced meals with fiber- and vitaminrich foods.



Go to bed at the same time every day. Sleep at least 8 hours.

Moving Forward



Positive Surroundings

Delete toxic environments and spend time with people you love.



Mindful Tech Use

Decrease screen time outside of work and guit social media.



Avoid alcohol, caffeine, and nicotine if possible. Don't do drugs.

Going Deeper



Take care of important things right away, but don't stress over the small things. The world is not black and white



Consider Therapy

Talk to a licensed therapist. They offer invaluable insight not available elsewhere.



Lifestyle changes might not fully conquer depression, and that's okay. Consult a doctor about medication.

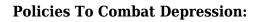
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