

How To Combat Depression

Step By Step

First Steps



Stay Active

Try walking 30 minutes outdoors every day.



Eat Well

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



Rest Up

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 quit social media.



Skip Stimulants

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

Going Deeper



Balance Your Mind

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.



Consult a Doctor

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

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Policies To Combat Depression

Rachel Sandford



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