



## Tips for Combating Depression

Life changes can trigger depression. However, there are proactive measures you can take to combat this disease. What follows are six tips to get you started:

- Get physically active. Keep in mind physical activity doesn't require subjecting yourself to a rigorous workout regimen. Instead, engaging in almost any type of physical activity for at least 30 minutes – three to five times a week – makes a positive impact on your physical and mental well being.
- Enjoy socializing. Social activities can be both stimulating and rewarding. Maintaining a social life thwarts the tendency to withdraw from family and friends and combats feelings of loneliness.
- Find a reprieve. Seek ways to find an outlet from the daily grind. Journaling, yoga, reading, and volunteering are among the ways to find break from the norm, while shifting your focus from thoughts and circumstances that steal you sense of joy and contentment.
- Take care of your physical needs. Adequate sleep, regular check-ups, and eating healthy are proactive, preventive steps to combat many health conditions, including depression.
- Keep a tab on alcohol intake. Everyone should moderate their alcohol intake. However, it's especially important for people prone to depression to pay special attention to the amount of alcohol they consume—or avoid it altogether. Alcohol is a mood-altering depressant and those at-risk for depression are at greater risk for developing an addiction to the drug.
- When possible, stay two steps ahead. When you can, plan. There are certain things that are simply out of anyone's control. But the things you can put to paper and pencil are worth the time and effort. Planning brings about a sense of accomplishment which fosters two very healthy attributes—contentment and peace.