

How to Deal With DEPRESSION

With the stressors and expectations we face everyday in modern life, it's understandable that a number of people are dealing with some form of anxiety or depression. And while it isn't possible to simply "snap out of it," there are measures that can help alleviate some of that heavy, emotional weight.

Stay Connected



As social creatures, we all benefit from staying in touch with friends and family. So catch up with old friends on social media, plan some outings, see the family and try to stay in touch.

Reframe Negative Thoughts



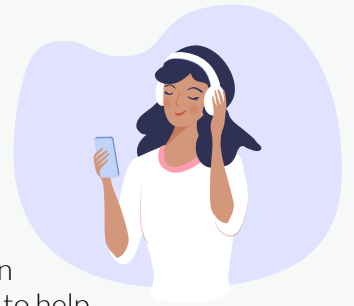
It can be easy to get stuck in a persistent state of negativity, especially with access to a global stream of news. However, it's important to remind ourselves of the positives in everything.

Stay Productive



Start each day by making your bed. By completing one small task each morning, you'll focus the day on productivity and structure. Unstructured time can lead to rumination and passivity—both risk factors for depression.

Listen to Music



Modern music therapy was developed after the Second World War when doctors hired musicians to help soldiers suffering from PTSD. A recent study found music therapy was a safe, low-risk way to reduce depression and anxiety—though music genre was a factor.

Limit Exposure to News



Take a break from the phone, turn off the TV and step away from the computer. The continuous stream of negative stories can easily overwhelm and frustrate us.

Rely on Trusted Info Sources



Misinformation and rumors can cause fear, uncertainty, stress and, ultimately, lead to feelings of depression. So, when it comes to getting your news, make sure you're using impartial sources.

Make Self-Care a Priority



Life can be busy, but make sure to take the time for self-care—especially during these trying times. Getting just 30 minutes of physical activity, three to five days per week has been shown to improve symptoms of depression.

Seek Help



Regardless of the hard work and effort, some simply can't overcome depression and it's time to seek professional counsel. This is a sign of self-respect and strength and at Davis Behavioral Health, we have the supportive, trained and experienced mental health professionals to help.