



Lifestyle changes and your depression treatment



Each day is a step closer to your goal.

Now that you have started treatment, you may wonder how long you will need to continue with it. **Even if you start to feel better, it is important that you stick with your treatment plan.** The goal of treatment is to feel more like yourself, without the symptoms of depression.

If you still feel sad, angry, or have other symptoms of depression, talk with your healthcare provider. You may need to change your treatment plan or add treatment options to your current plan.



Making positive changes to take care of yourself

Be more active

Being active can improve your mood. Even a short walk can help. Talk with your healthcare provider before starting a new activity.

Eat right

Eating healthy foods can give you energy and may help improve your mood. Try to eat and drink less sugar, caffeine, and alcohol.

Sleep well

Sleeping too much or too little can hurt your mood. Aim for 7 to 8 hours of sleep each night. Try to go to bed around the same time each night, even on weekends.

Manage stress

Try to figure out what causes you stress. This can help you avoid causes of unnecessary stress, such as running late. Talking with a friend can help.

Get support

Join a support group. Talking about the things on your mind with other people who have depression may help you cope.

Small changes can make a big difference in the way you feel.

What goals would you like to achieve? Use the guide below or write in other ideas. Choose one or two to help you reach your goal. Share your progress with your healthcare team.



Be active

- Do something outdoors.
- Tie activities to things you enjoy, such as running while listening to music.
- Other steps I will take:_____



Eat healthy foods

- Limit sugar, caffeine, and alcohol.
- Keep healthy snacks on hand, such as fresh veggies and yogurt.
- Other steps I will take:_____



Get enough rest

- Avoid eating a meal close to bedtime.
- Don't use electronics like TV, laptops, or smart phones in bed.
- Other steps I will take:_____



Manage stress

- Meditate, do yoga, or pray.
- Count to 10 when feeling overwhelmed.
- Other steps I will take:_____



Get support

- Check in with a friend once a week.
- Make an appointment to speak with a mental health professional.
- Other steps I will take:_____



Additional resources

Check out these organizations for more information about depression or how to find help:

Depression and Bipolar Support Alliance

dbsalliance.org | 1-800-826-3632

National Suicide Prevention Lifeline

suicidepreventionlifeline.org
1-800-273-8255