

IF YOU WOULD LIKE HELP COPING WITH DEPRESSION



how to beat DEPRESSION

- **START A ROUTINE.** Do your best to go to bed and get up at a reasonable time, eat three meals a day, have a daily shower, go out at least once a day.
- **DON'T AVOID THINGS.** We all have tasks that we "*will do tomorrow*", why not start writing down some small goals and start to tick them off the list?
- **THINK OF WHAT MAKES YOUR MOOD BETTER AND WORSE.** Doing more things that leave you feeling better has a "*build-up*" effect on your mood.
- **LEARN TO CHALLENGE THE WAY YOU SPEAK TO YOURSELF.** Why not start to question whether the situation you feel negative about is as bad as it seems.
Ask yourself: "Is there another way to look at this?" "Have I got all my facts right?" "Am I spending too much time on the negative details and not enough on the positive or realistic details?"



For more self-help material & service info:

better@wellbeing-glasgow.org.uk

WWW.WELLBEING-GLASGOW.ORG.UK

