

TIPS FOR OVERCOMING DEPRESSION

by Dr. Jennifer Degler

Get 20 minutes of sunlight in your eyes daily.
Don't stare at the sun but let light fill your eyes.

Add structure to your day.

Have a plan with activities and responsibilities to feel in control and active.

Break a sweat daily.

Vigorous exercise 4 - 5 times a week can be as effective as antidepressant meds.

Limit social media to 30 minutes daily.

Consuming image-based media like Instagram increases depression.

Be a good sleep fanatic.

Go to bed on time, turn off screens, wear earplugs, get blackout curtains.

Build your social support network.

Loneliness feeds depression so connect with others even when you don't feel like it.

Try something new.

Novel, enjoyable experiences increase dopamine levels, a feel-good neurotransmitter.

Don't let pride or fear keep you from getting help.

Fight depression with counseling, medication, asking friends for prayer, etc.