

Depression

What helps?



Depression is a condition which can be treated – it's not your fault and it doesn't have to be endured. Here are some things that will help:

Depression often develops as a reaction to difficult life events. **Get help** with the causes of your (di)stress if possible.



Try to maintain or develop a healthy **routine**. We feel better when we have a routine.

Stay **connected** to friends, family, and colleagues.



Do some gentle **exercise**. It stimulates anti-stress hormones and chemicals in the brain so going for walk in the fresh air can help lift your mood.

Do small things that give you a sense of **pleasure** and **achievement**.

Be your own best friend. Watch out for negative self-talk and **be kind to yourself**.

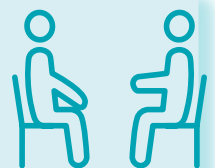
Focus on sleep. It's important for physical and mental health so try to build a sleep routine that gives you the rest you need. For a bit of help, try **Sleepio**



Watch out for **alcohol**. It's a depressant so be mindful of how much you're drinking and consider making changes if you feel you're drinking too much.

Access **self-help resources** to manage your feelings, e.g. **Living Life to the Full**

Talk to your GP. They can refer you for a talking therapy and/or prescribe an anti-depressant both of which are effective for helping people recover from depression.



Find more information and support at **www.lifelines.scot**

