

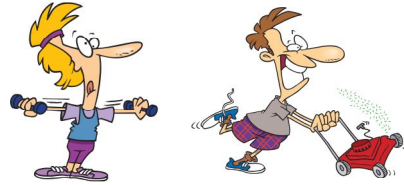
### 3 Guidelines for Overcoming Depression

Depression is an emotional state and an experience. When we are depressed, our brain wants us to withdraw from outside threats so we can recover and become stronger. However, if we withdraw too far, or for too long, the Depression can get worse.

Here are three guidelines to help you overcome depression:

#### A) Physical:

- Get regular physical exercise.
- Eat regular healthy meals.
- Get enough sleep, on a regular schedule.



#### B) Social:

- Spend time with people.
- Talk with friends and family (if they are supportive).
- Spend time with pets and children!
- Help someone out.



#### C) Activity:

- Get out of bed and get yourself dressed to go out and do things.
- Have a simple schedule of activities to do each day.
- Keep your surroundings orderly.

