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## Self Help for Depression

1. Trying to deal with your pain on your own can make it worse. Share your feelings with others rather than keeping them to yourself.
2. Although you may want to be alone, you may feel better if you try to take part in some activities you previously enjoyed with your family and friends.
3. Set yourself a daily routine and try as much as possible to maintain that routine. You may not be able to do all your usual activities, so be sure to set a routine that is realistic.
4. Learn to make small goals that you can reach. Once you have reached them, say positive things to make yourself feel good about your achievement. Do not say bad things about your efforts.
5. Avoid making big decisions, such as changing jobs or ending a relationship, until you are feeling better.
6. Change your lifestyle: most people suffering from depression have been found to be perfectionists and drive themselves much too hard. You may need to learn to lower impossible standards. Try and reduce your workload in order to live your life at a slower pace.
7. Exercise: Depression often makes you feel tired and lack motivation. Despite this any form of physical exercise, however small, will be good for you. Just being outside/in the sun will be beneficial. Go for a walk or play soccer with your friends!
8. Diet is important. Under or over eating is a symptom of depression. It is essential to have a well balanced diet that prevents tiredness and feeling run down.
9. Relaxation: You may get angry and irritated easily. Relaxation techniques such as running, reading, sewing, playing soccer, watching TV or reading, etc. are all effective ways of removing anxiety and stress when you are depressed.
10. Read books: learning about and understanding the nature of the condition and its possible causes will help to remove much of the fear, guilt and misconception which many people have. Get a broader picture by reading as many books as possible. Give them to relatives and friends to read. This will help them to understand the illness.
11. Avoid habits like smoking, drinking or taking drugs. Alcohol in particular is a depressant and it can make you feel better in the beginning but afterwards you will feel worse.
12. Join a support group. A support group is the first place you can go where everyone understands and no one judges. Knowing that someone else truly understands by having 'been there' brings a sense of relief.
13. Remember: seeking treatment is a sign of strength and is the first step to feeling better.
14. Don't expect too much from yourself right away. Feeling better takes time. Don't expect too much. It will take time to get you feeling better.

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