Managing Depression

There are many things you can do to help yourself feel better.

Exercise
- Take stairs
- Dance (even at home!)
- Park far from store door
- Get an exercise video tape or do chair exercises
- Walk everyday (home, mall) with a friend
- Go to the park with your children or grandchildren

Make Time for Fun
- Do a hobby
- Listen to music
- Watch a video or go to the movies
- Go to the Beach
- Have a picnic
- Visit the library

Keep in Touch with Friends and Loved Ones
- Telephone
- Have a cup of coffee with someone
- Visit family members or call them to visit you
- Go to church

Relax
- Take some deep breaths
- Go to a quiet place and read
- Sit outside and listen to the birds
- Go to a park and enjoy nature
- Take a warm bath

Take Medications as Directed

Your Own Ideas?

This product was developed by the Advancing Diabetes Self Management program at Community Health Center, Inc. in Middletown, CT with support from the Robert Wood Johnson Foundation® in Princeton, NJ.