



Cascade Women's Health  
PHYSICIANS AND SURGEONS

1040 N.W. 22nd Avenue ~ Suite 330 ~ Portland, OR 97210

Phone 503 274-9936 ~ Fax 503 274-2660

[www.CascadeWomensHealth.org](http://www.CascadeWomensHealth.org)

## **DEALING WITH DEPRESSION**

1. Try to get enough rest, set as regular a pattern as possible. Avoid 'sleeping in' to catch up.
2. Eat well.
3. Spend some time alone every day. Even 5 or 10 minutes stretching in a closed room will help.
4. Do something **fun** every day!
5. Accomplish some task every day, even if very small.
6. Do something strenuous each day. \*Start with a brisk 10-minute walk.
7. Make a social contact each day, even if by e-mail, or by leaving a phone message.
8. Get a change of scenery somehow. Go somewhere new and fresh even a short walk in an unfamiliar neighborhood. Have tea in a new café. Do something out of your routine.

**Do these things as a discipline. Allow no excuses; don't talk yourself out of accomplishing these things daily.**

\* Be sure to check with your health care provider before starting a new exercise program.