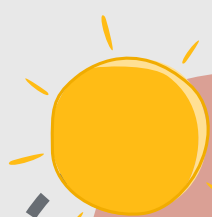


# Tips to Manage Depression



## Wake up earlier

Set your alarm 30 minutes before your wake-up time. This extra time will allow for moments of peace and time to plan a productive day. Try not to rush through your day.

## Get some exercise

Doing exercise in the morning can release chemicals in your brain that lift your mood. Exercise also increases blood flow to the brain!



## Listen to a happy song

Music can boost dopamine. Play some upbeat songs and have a 5 minute dance party. Music boosts happiness and reduces anxiety.

## Meditate

Meditation helps to reduce stress, build mental strength, improve sleep, and increase focus. You can practice for seconds, minutes, or hours.



## Dress up

Research has found that clothing can influence our psychological state. Clothing can impact how we feel about ourselves which may determine if we feel good or bad. How you look impacts how you feel. Dress it up!



## Smile

A simple smile elevates your mood (and others), relieves stress, makes you more attractive, improves relationships, & helps you stay positive

