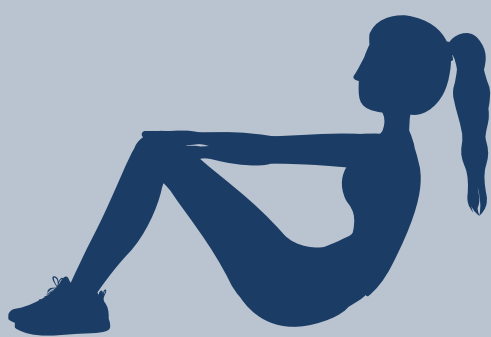


# STEPS TO OVERCOMING DEPRESSION

## Helpful Tips for Depression

### REACH OUT FOR SUPPORT

Reach out to friends and family for support and stay connected. You may feel ashamed to admit you need help, but just talking about what's going on, even if you don't know why you feel the way you do, will help. Pro-Tip: Help others, it's proven that helping others gives you a positive mental boost.

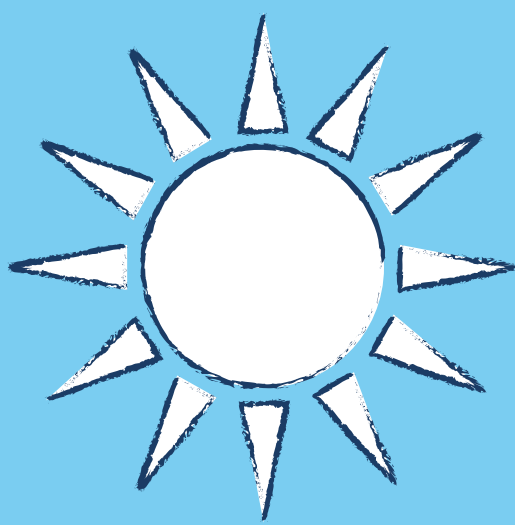


### GET UP AND MOVE

When you're depressed, even the act of getting out of bed can be overwhelming. Exercise is a powerful tool to get your happy juices flowing. Aim for 30 minutes a day. Still not motivated? Start small, aim for a 10 minute walk. Make small changes, like taking the stairs, or parking farther away. Get outside with the kids and play.

### GET A DOSE OF NATURAL VITAMIN D

It's no wonder why people flock to Florida during the winter. Natural light, aka sunshine, can provide a natural boost to your mood. Double up those benefits by exercising outside. Increase natural light at home and in the workplace by opening blinds and drapes.



### CROSS-EXAMINE YOUR NEGATIVE THOUGHTS

Stop labeling yourself a failure, and challenge yourself as to why you're thinking that way. Where's the evidence that the thoughts are true or not? What would you tell a friend if they had this thought about themselves? Challenge your thoughts



"TALK TO YOURSELF LIKE YOU WOULD TO SOMEONE YOU LOVE."

- BRENE BROWN

Read more at [unbreakablesara.com](http://unbreakablesara.com).