



# Natural ways to beat Depression

See a  
Counsellor

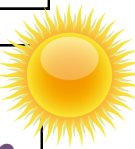
Telling a professional about your depression can help uncover potential causes and helpful solutions.

Take a  
long walk



Exercise releases endorphins which can help with depression. It gives your mind and body time to relax. Walk around and connect with nature.

Feel the  
warm sun



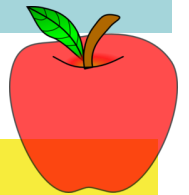
Vitamin D, which comes from sunlight is linked with depression. A lack of vitamin D can make you more likely to develop symptoms of depression.

Read a  
book



Reading can help your mind to focus. Choose something uplifting that changes your perspective on life.

Eat  
Healthily



Over eating and eating too much sugar and fat can ramp up the depression cycle. Aim to eat a balanced and varied diet, leaving space for those all important treats.

Ditch the drink  
and drugs

Drinking may help you feel better in the short term but alcohol is a depressant. The same goes for drugs, prescription or otherwise.



Love  
yourself



Treat yourself like you would someone dear to your heart, and learn to silence the voice in your head that says you aren't good enough.

Laugh  
out loud

Laughing really does make you feel better, watch a silly film or television programme.



Create  
something

Write down your thoughts as poetry or paint a picture. Do anything creative that makes you feel good and gets your mind off other issues.