

HOW TO  
COPE  
WITH

DEPRESSION

PART 1



**You can take actions to manage  
and overcome depression.  
Small modifications to your  
daily routine, nutrition, and  
lifestyle can all have a good  
impact on you.**



Depression can sap your energy, leaving you feeling drained and exhausted.

This can make gathering the strength or desire to seek treatment difficult.

Small modifications in your lifestyle may help you manage these sensations.

# What helps people cope with depression?

If a person experiences persistent, deep sadness or a loss of interest in activities, they may be suffering from clinical depression.

This illness is also known as major depressive disorder.

However, there are simple changes you can do to gain more agency in your life and improve your overall well-being.





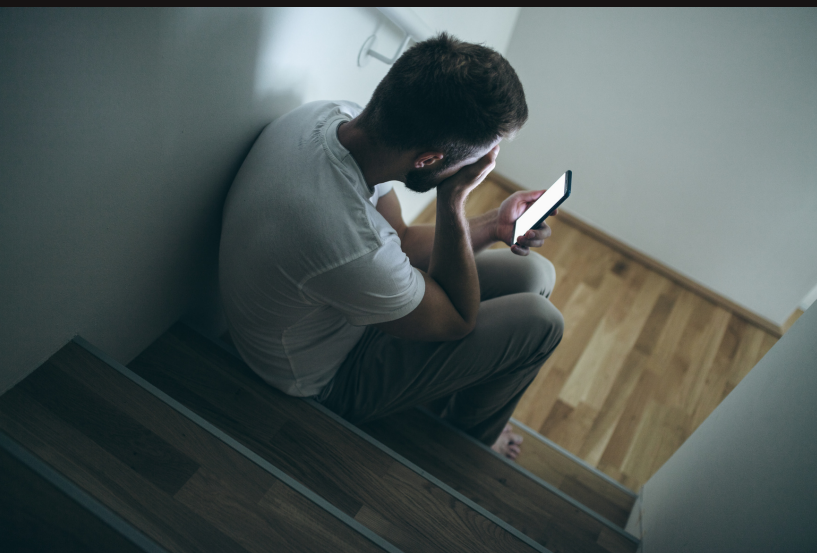


MEET  
YOURSELF  
WHERE YOU  
ARE

Millions of people suffer from depression, even some in your own family. You may be surprised to learn that they experience identical challenges, emotions, and barriers.

Being open, accepting, and loving towards yourself and your situation may help you overcome depression.

With this condition, every day is different. It is critical to prioritise your mental health and recognise that where you are today is not where you will always be.





# CONSIDER A WALK AROUND THE BLOCK

Exercise may seem like the last thing you want to do on days when you feel like you can't get out of bed. However, exercise and physical activity can help alleviate depressive symptoms and increase energy levels.

For some people, exercise can be as effective as medication in alleviating depressive symptoms. It may also aid in the prevention of future depressed episodes.

Even if you feel unable or have little energy, consider whether you'd be willing to accomplish the opposite of what your mood suggests. Set a simple goal for yourself, like going around the block.





KNOW THAT  
TODAY ISN'T  
INDICATIVE  
OF  
TOMORROW



Internal feelings and thoughts might shift from one day to the next. Keeping a mood diary or journaling about your experiences will help you recall this.

If you were unable to get out of bed or achieve your goals today, remember that you have not lost the opportunity to try again tomorrow.

Allow yourself the grace to realise that, while some days will be difficult, others will be easier. Try to look forward to a new day tomorrow.



ASSESS THE  
PARTS  
INSTEAD OF  
GENERALISING  
THE WHOLE



Depression can taint memories with unpleasant emotions. You may find yourself focusing on things that are unhelpful or difficult to deal with.

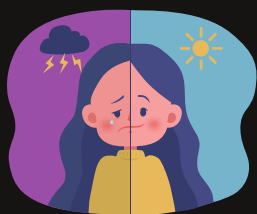
Attempt to avoid overgeneralization. Encourage yourself to see the good. Write down what was significant about the event or day if it helps. You can keep track of what you accomplished that day and which activities you enjoyed.

Seeing how much weight you're giving to one issue may help you move your thoughts away from the overall and towards the useful individual bits.





# DO THE OPPOSITE OF WHAT THE 'DEPRESSION VOICE' SUGGESTS



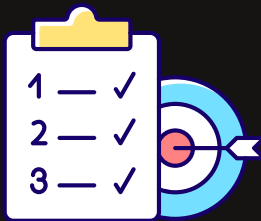


The unhelpful, automated voice in your head may talk you out of self-help. However, if you learn to recognise this voice, you will be able to work through it.

If you believe an event will not be enjoyable or worthwhile, tell yourself, "You might be right, but it'll be better than just sitting here another night." You'll soon realise that automatic thought isn't always useful.



# SET ATTAINABLE GOALS





Instead of making a large list of chores, think about defining modest goals. Setting and achieving these objectives can provide a sense of control and success, as well as aid in motivation.

Attainable goals may include:

- Don't clean the house; take the trash out.
- Don't do all the laundry that's piled up; sort the piles for later.
- Don't clear out your entire email inbox; just address any time-sensitive messages.

When you've completed one minor task, move on to another, and then another. This way, you'll have a list of tangible accomplishments rather than an unfinished to-do list.



# REWARD YOUR EFFORTS







All aims are deserving of acknowledgement, and all triumphs are deserving of celebration. When you achieve a goal, make an effort to recognise it.

You may not want to celebrate with a cake and confetti, but recognising your personal accomplishments can be a great tool for reducing the negative effects of depression.

The recollection of a work well done may be especially effective in combating negative self-talk and overgeneralization.







# CREATE A ROUTINE



If your regular routine is disrupted by depressive symptoms, a mild timetable may help you feel more in control. These plans do not have to cover the full day.

Create a casual but planned schedule to help you maintain your daily pace.





DO  
SOMETHING  
YOU ENJOY





Depression can cause you to succumb to weariness. It may have a stronger feeling than preferred feelings.

Try to resist and do something you enjoy — something joyful or important. It could be anything from playing an instrument to painting, hiking, or riding.

Engaging in meaningful activities improves your mood or energy, which can drive you to continue engaging in activities that help you manage your symptoms.





# LISTEN TO MUSIC





Music can help you feel better and reduce the symptoms of depression. It may also improve your ability to receive good emotions.

When performed in a collective context, such as a musical ensemble or band, music can be very useful.

You may receive some of the same benefits by simply listening.





**Thank You  
For Reading**



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