

Dealing With Depression



THE FOLLOWING ARE EVIDENCE BASED METHODS TO HELP WITH DEPRESSION

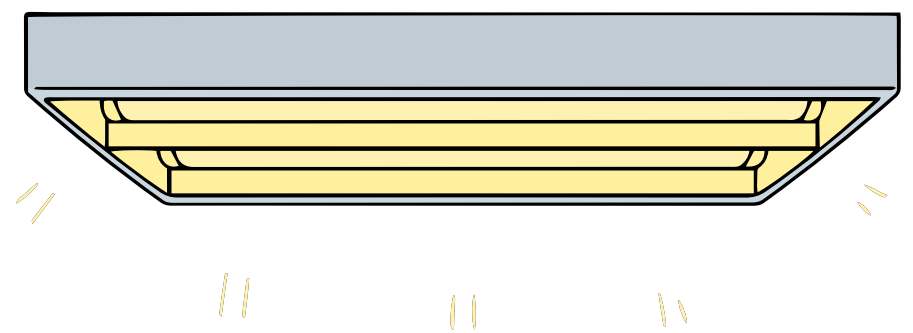
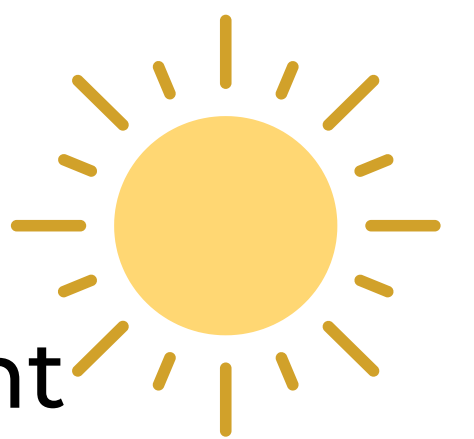
1 Exercise

- Spend Time in Nature
- Yoga
- Tai Chi



2 Light Therapy

- Direct sunlight
- Phototherapy lamps



3 Volunteering



4 Meditation



IF YOU ARE IN NEED OF IMMEDIATE ASSISTANCE CALL:

- THE LIFELINE AT: **988**
- YOUR LOCAL SERVICES AT: **911**

VISIT YOUR DOCTOR FOR ADDITIONAL OPTIONS INCLUDING MEDICATION



Source:

- <https://www.aafp.org/pubs/afp/issues/2019/0515/p620.html>
- <https://www.pnas.org/doi/10.1073/pnas.1510459112>
- "Volunteering and depression: the role of psychological and social resources in different age groups" Musick, Wilson, 2003.
- <https://www.aafp.org/pubs/afp/issues/2021/1000/p417.html>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

