

## Depression & Steps to Healthy Living



**Make time for activities you enjoy.** When you are depressed it is easy to lose motivation to do certain activities. Try to start getting involved in these things again even if you are just "going through the motions" at first.



**Eat Healthy - Avoid Junk Food.** Eat a variety of fruit and vegetables while maintaining your self-management plan and monitoring your blood sugar. Don't rush, take your time when you eat.



**Don't drink alcohol. Limit caffeine to one or two drinks per day, and drink plenty of water (8 cups/day).** Alcohol may make you feel better when you drink it but it has a depressant effect in the long run. Caffeine can make the anxiety and sleep problems that go with depression worse.



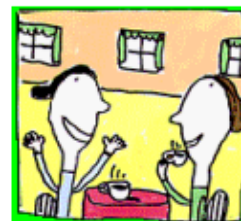
**Exercise** with guidance from your health care provider. 20 minutes or more of brisk exercise per day can help to ease anxiety.



**Spend time with people** who have a positive effect on you.



**Do something kind for someone else each day.**



**Watch your thoughts.** Negative thinking can make depression worse and become a bad habit. Replace realistic, positive thoughts for unreasonable, negative ones.



**Set simple goals and take small steps.** It's easy to feel overwhelmed when you are anxious. Break problems down into small steps and give yourself credit for each step you take.



Developed by Migrant Clinicians Network, 512-327-2017.  
Funding provided by Texas Department of State Health Services.  
Elaborado por Migrant Clinicians Network, 512-327-2017.



Financiado por el Programa de Diabetes del Departamento Estatal de Servicios de Salud de Texas