“A sad soul can kill you quicker than a germ.” ~John Steinbeck

**Tips to Fight Depression**

If you feel depressed, it’s best to do something about it — depression doesn’t just go away on its own. In addition to getting help from a doctor or therapist, here are 5 things you can do to feel better.

**Exercise:** Take a 15- to 30-minute brisk walk every day — or dance, jog, or bike if you prefer.

**Nurture yourself with good nutrition:** Proper nutrition can influence a person’s mood and energy. So eat plenty of fruits and vegetables and get regular meals (even if you don’t feel hungry, try to eat something light, like a piece of fruit, to keep you going).

**Identify troubles, but don’t dwell on them:** Try to identify any situations that have contributed to your depression. When you know what’s got you feeling blue and why, talk about it with a caring friend.

**Express yourself:** With depression, a person’s creativity and sense of fun may seem blocked. Take time to play with a friend or a pet, or do something fun for yourself. Find something to laugh about — a funny movie, perhaps.

**Look on the bright side:** Depression affects a person’s thoughts, making everything seem dismal, negative, and hopeless. If depression has you noticing only the negative, make an effort to notice the good things in life.

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“**It’s normal to get depressed around the holidays, especially when we put too much pressure on ourselves.”**

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*Source: http://kidshealth.org/teen/your_mind/problems/depression_tips.html*