

Overcoming depression

Talk to Someone: Reach out to a trusted friend, family member, or teacher. Sometimes sharing your feelings can lighten the load and change your perspective.

Find Activities You Enjoy: Engage in hobbies or activities that make you feel good. Whether it's drawing, playing an instrument, or watching a funny movie. Doing things you love can lift your mood.

Stay Active: Exercise releases endorphins that can improve your mood. Even a short walk or some stretching can make a difference. Remember: movement changes emotion.

Practice Relaxation Techniques: Try deep breathing exercises, meditation, or yoga. These can help reduce stress and calm your mind.

Healthy body, healthy mind: Eat nutritious foods and try to maintain a regular sleep schedule. A balanced diet and good sleep can positively impact your mood.

Limit Screen Time: Social media and screens can sometimes worsen feelings of sadness or inadequacy. Take breaks and limit time spent online.

Set Realistic Goals: Break down tasks into smaller, manageable steps. Achieving small goals can give you a sense of accomplishment.

Seek Professional Help: Consider talking to a mental health professional. They can provide guidance and support tailored to your needs.

Connect with Support Groups: Joining support groups or online communities can help you realise you're not alone and give you a space to share experiences.

Create a Supportive Environment: Surround yourself with positive influences. Spend time with people who make you feel good about yourself and avoid those who bring you down.



"Place your hand over your heart.

Feel that?

That's called a purpose.

Don't give up.

You matter!"

