

## Things You Can Do To Avoid Depression

1. *Attempt to maintain the best possible physical health. Get a physical checkup and do your best to stay as healthy as you can. Illness can cause depression. Being "half-sick" is sometimes worse than illness because nothing is done about it.*
2. *Develop a continuing program of regular physical activity even if it is just walking.*
3. *Break your routine. Introduce different activities into your life. Don't keep doing the same thing over and over again.*
4. *Since hopelessness is one of the most prominent characteristics of depression, make yourself some plans - some long-term and short-term even if there isn't much hope of doing it. You may be able to do part of it. This will give you a chance for anticipation and it may keep some joy in your life.*
5. *Keep your social life active. Even accept unwelcome invitations. Go to a gathering with the idea that you are going to come away with at least one new friend.*
6. *Accept other people's faults. Everyone has them. Change your reaction so you can begin to get a few true, deep relationships going.*
7. *Listen to other people. They will begin to tell others how kind and smart you are. This will keep your self-esteem at a high level.*
8. *Try to be flexible and accept people more. When we get hostile, we feel more guilt and you know by now that is a cause of depression.*
9. *Develop outlets for the frustrations of life. Try to find a new hobby or if you can't do that, at least examine the kind of behavior you engage in when you are angry. Put it to the test: Will it hurt me? Will it hurt someone else?*