

Coping with Depression

<http://www.mayoclinic.com/health/depression/ds00175/dsection=coping-and-support>

[By Mayo Clinic staff](#)

Coping with depression can be challenging. Talk to your doctor or therapist about improving your coping skills, and try these tips:

- **Simplify your life.** Cut back on obligations when possible, and set reasonable goals for yourself. Give yourself permission to do less when you feel down.
- **Consider writing in a journal.** Journaling can improve mood by allowing you to express pain, anger, fear or other emotions.
- **Read reputable self-help books and websites.** Your doctor or therapist may be able to recommend books to read.
- **Join a support group.** Connecting with others facing similar challenges can help you cope. Local support groups for depression are available in many communities, and support groups for depression are also offered online.
- **Don't become isolated.** Try to participate in social activities, and get together with family or friends regularly.
- **Take care of yourself.** Eat a healthy diet, exercise regularly and get plenty of sleep.
- **Learn ways to relax and manage your stress.** Examples include meditation, yoga and tai chi.
- **Structure your time.** Plan your day and activities. You may find it helpful to make a list of daily tasks, use sticky notes as reminders or use a planner to stay organized.
- **Don't make important decisions when you're down.** Avoid decision making when you're feeling very depressed, since you may not be thinking clearly.