



## Top 5 Strategies to Overcome Depression

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If you've ever mourned a deep loss or suffered from depression, you understand how overwhelming it can be. People of all ages, even children, can be depressed. Fortunately, there are ways to overcome your condition!

**Here are the top five strategies to overcome your depression and regain your life:**

- 1. Talk about it.** If you find yourself unable to concentrate on anything, have lost your appetite, or are over-eating, ***try talking to a family member or trusted friend.***
  - Because you're depressed, you may not be able to get the help you need alone, so enlisting someone you trust is important.
  - Don't feel embarrassed to talk about it. Chances are the people you confide in will know more about depression than you think.
- 2. Seek professional help.** Many people avoid this for what they feel are good reasons: *My insurance won't cover it, or, I can't afford it.* In today's society, this is simply untrue.
  - Many insurance companies *do* offer compensation for depression treatment because it's widely known as a serious medical condition. Plus, they aren't allowed to release treatment information to your employer.
  - Even if you don't have medical insurance, many mental health centers or hospitals offer treatment free or on a sliding scale based on your income so that it can be affordable.  
***Seek out help for your depression - it's the best thing you can do!***

**3. Become involved.** Some people who suffer from depression find that the more they help others, the more they help themselves.

- For instance, a woman who was consumed with depression went to school and became a licensed therapist. Through her sessions with people, she was able to use her own depression experience to heal others.
- Volunteer at a local center for seniors or abused families. Many people in these centers tend to be depressed and working with them can give you insight on how to make yourself feel better.

**4. Exercise.** Surprisingly, exercise can help you feel better. The energy your body gets from yoga, walking, jogging, swimming, and fitness center exercise will help you immensely.

- ***The endorphins released during exercise can bring relief from your depression*** and give you the motivation to fight it.
- Enlist a friend if you don't want to exercise alone.

**5. Get a pet.** Animals of all sorts have been shown to help people with depression. Caring for a pet strengthens your ability to take on responsibilities. Plus, pets are joyful and can put a smile on your face!

- Even if you have allergies, there are many breeds of cats and dogs that don't produce allergens.

Using these tips can help you fight your depression, but ***the most important one is to seek professional help***. A good therapist can suggest more techniques to help overcome your depression. Take these tips as suggestions and add your own creative spin to best suit your needs.

***No advice can replace a full examination by your doctor.*** Depression comes in many forms and determining a plan of treatment for your individual needs is required.

If you're concerned about medication and side effects, there are also many homeopathic remedies available today that you can discuss with your health professional. Make a list of your concerns and share them during the exam. This way you'll be actively involved in choosing a treatment plan.

With a good treatment plan overseen by your doctor, some support to bolster your spirits, and true determination, you *can* overcome your depression!