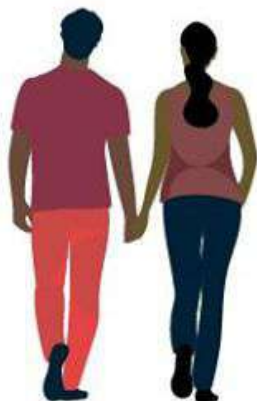


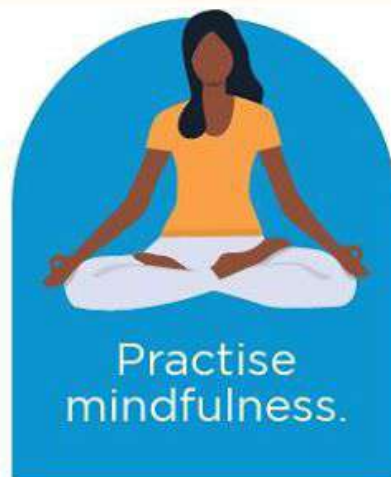
# TAKING CONTROL OF DEPRESSION

Mental illnesses such as depression can be challenging. We are inherently social beings; social interaction and human contact are important for our mental health and wellness. But when you are depressed, you may start to feel down for most of the day, or empty and tired. You may lose interest in activities you used to enjoy, or lose your appetite. You may suffer from insomnia or hypersomnia. Eventually, you may feel unable to get out of bed. Before it gets to this stage, you need to take control of your isolation. Reach out to someone; speak up about what is going on in your mind, and your life.

Here are a few things you can try:



Get out, and get some exercise. Even if it means walking around the block with a friend, the fresh air and conversation will do you good.



Practise mindfulness.

Nourish your body with healthy foods. Invite a friend or loved one over and prepare a meal together.



Limit your alcohol intake.

