



Living With Depression



Overview

If you've been diagnosed with depression, you may have questions about what it means for you. You may feel trapped, overwhelmed and alone. But depression doesn't have to rob you of your life. You can learn to manage it. These tips can help.

Take an active role

It's very important you take an active role in your treatment. Be open and honest with your healthcare provider or mental health professional. Follow your care plan, and keep all of your appointments.

Take your medications

Take your medications as directed. Some take weeks to start working, so even if you don't see an immediate change, keep taking them unless your doctor tells you to stop. This is very important.

Be active and engaged

Be as active as possible. Exercising every day will help you feel better. Try to do things you enjoy. Spend time with friends and loved ones. Talk with them about your feelings. Maintaining bonds with other people will provide a good support system for you.

Do what you can

If you're overwhelmed by your responsibilities, prioritize. Set realistic goals for yourself. Do the things you can do and don't worry about things you can't change. Break up large tasks into smaller pieces. And don't try to make major life decisions when you are depressed.

Don't self medicate

Avoid numbing yourself with alcohol or illicit drugs. Never take prescription drugs that aren't prescribed to you. This can be dangerous, or even deadly.

Conclusion

If you are following your care plan and it isn't working, speak up. Tell a family member or a friend. Get professional help as soon as possible. With proper medical care and counseling, you can learn to manage your depression and regain control of your life.

Actor portrayals in photos

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