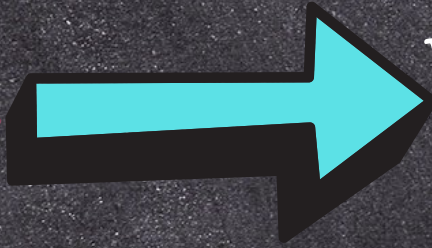


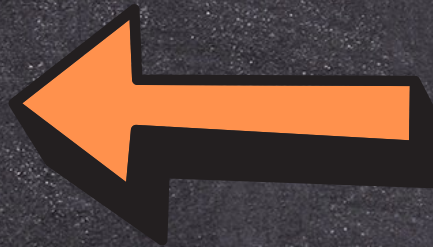
What Can Fuel Depression?

Inactivity



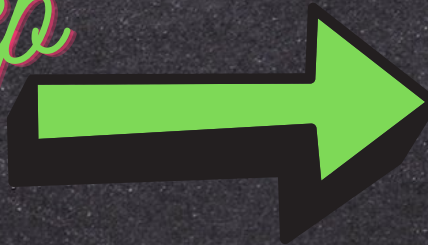
Did you know that just 20 min/day of exercise can boost mood? It increases dopamine & serotonin, our "feel good" neurochemicals

Toss aside the sugars, refined grains, & processed foods
Increase Brain-foods: healthy fats, protein, fruits & veggies.



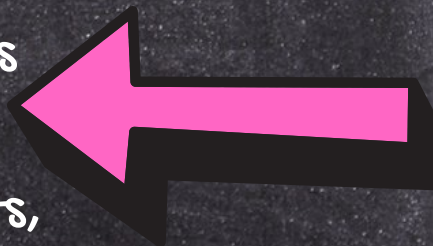
Unhealthy Diet

Poor Sleep Habits



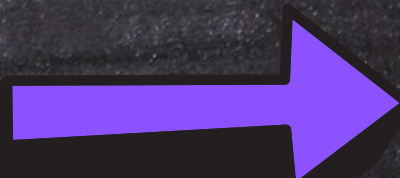
What came first, depression or sleep issues? Really, it's a cycle. Develop a routine w/ sleep & wake times, and remove all electronics a couple hours before bed.

Dwelling over loss, rejection, and failure or other stressors? This will cause helplessness and feeling "stuck". Find ways to include healthy thinking patterns, positive thoughts, & coping strategies



Rumination

Isolation



Increase face-to-face time with family & friends who are supportive. Also, volunteer. Helping others boosts self-esteem. Find ways to help w/ things that give you a sense of purpose.