

Recovering from Depression

Treatment for depression may start with just talking — or maybe taking an antidepressant — but there is more you can do to help yourself recover.

Recovery may take weeks, and learning how to help yourself get well and stay well is very important. You may want to make a recovery plan that focuses on the action steps you need to take to stay well. Your plan is whatever you want it to be and it should be simple so you can follow it daily. Get a notebook and write a few steps down. For example, you may include the following action steps:

- Eating 3 healthy meals a day.
- Drinking plenty of water.
- Going to bed at a good regular time for you.
- Doing something you enjoy — like playing a musical instrument, watching a favorite TV show, knitting or reading a good book.
- Exercising.
- Doing a relaxation exercise.
- Writing in your journal.
- Talking to a friend.
- Taking medications.

There may be problems or situations causing your depression. You may want to look at the problems and break them down into small steps to work on at your pace. The goal is to solve the problem so you are less stressed.

Be kind to yourself! Recovery takes time. Don't forget to include your family and friends in your recovery plan. They can help support your plan or offer new suggestions.



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You will know you are in remission when you are meeting your goals of eating well, sleeping well and enjoying your usual activities. Sometimes people relapse and they start to feel like they are not in control of their depressive symptoms. Early warning signs may include:

- Anxiety.
- Forgetfulness.
- Lack of motivation.
- Feeling slowed down or sped up.
- Avoiding others and isolating yourself.
- Increased irritability and restlessness.
- Not keeping appointments.
- Changes in appetite.

You may want to ask your family and friends if they see any early warning signs.

If you feel you may be relapsing, call your physician or therapist for an appointment. Keep working on your recovery plan and call your friends and family for support. You may want to add a few new activities to help reduce your depression, such as joining a support group, watching comedies or reading a good book. By using your new skills and seeking support from professionals, family and friends, you can be back on the road to recovery.

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Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên số **1-888-756-0004**.

Puede obtener esta información en otros idiomas y formatos sin costo. También se le puede interpretar esto por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004**.

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