



## Coping with Depressed Feelings

Everyone gets sad at different points in their life. The important thing is to move beyond those sad periods and find solace in the happy periods. Whether your sadness or depressed feelings come from a traumatic event in your life or no obvious reason, there are ways to help you cope with those feelings.

In no way do these ideas claim to cure depression or strong feelings of sadness, they are merely ways to help you cope. If your depression or sadness seems to be consuming your life, seek professional help. Take care of yourself, both body and mind; you deserve to be happy.

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### **I. Distract Yourself**

Being idle is the worst thing to do when you are feeling sad. During those quiet times alone, you have nothing else to do but think and worry. Find something to do. Go back to an old hobby you enjoy doing or find a new hobby to explore. By staying busy you keep yourself from stressing out too much over your problems, and it is even better when you are doing something you enjoy instead of worrying. You can try reading, playing games, doing puzzles, going to a park, going shopping, running errands, etc.

### **II. Connect with Friends or Family**

Do an activity with a friend or family member, or simply just go for a visit. You can also try to reconnect with someone you have not seen for a while. By seeing someone you are close with, you can be reminded that people care about you; and if you feel comfortable with that person, you even can talk over some of your issues with them.

### **III. Organize Your Life**

Life can be stressful, and there can be a lot of things going on in your life at one time. Try to organize your life so that your problems are more manageable. Think about your problems like a daily to do list, work on one at a time. When you look at all your problems at once, it can be overwhelming. Break down your problems by when they need to be resolved and set up realistic goals to accomplish them. By organizing your life and focusing on one day at a time, problems will no longer seem too big.

### **IV. Be Active**

Doing something physical keeps both your mind and body occupied. It is also a productive way to distract yourself. By doing something physical you will be strengthening your body while keeping your mind focused on something other than your problems. You can go for a walk/jog/run, play a sport, learn a martial art, do yoga, go to a gym, hiking, biking, etc. If you find your mind wandering too much while you are doing an activity try listening to music, it can help focus your mind.

### **V. Talk to a Professional**

Some things you cannot always fix on your own; our mental health included. If you find yourself in a prolonged depressed state it is important to seek out a professional. While it may seem silly or embarrassing to talk to someone you do not know about your problems, you would be surprised how helpful it can be. A professional will give you a different perspective on your life, and may help you see your issues in a different way. In more extreme cases of depression a professional can prescribe medications that will help you regain control of your feelings. Medications alone will not solve your problems, but along with therapy they can help you find stability in your life.