

Bear Wellness

“When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need.”

Top 5 triggers of depression:

1. *Grief and Loss*

2. *Rejection*

3. *Illness*

4. *Lack of Sleep*

5. *Money Problems*

5 Ways to cope with Depression.

1. Reach out and stay connected.

The person you talk to doesn't have to be able to fix you; just need to be a good listener, someone who'll listen attentively and compassionately without being distracted or judging you.

2. Do things that make you feel good.

Aim for eight hours of sleep. Depression typically involves sleep problems; whether you're sleeping too little or too much, your mood suffers. Keep stress in check and practice relaxation techniques.

3. Get moving!!

Find exercises that are continuous and rhythmic. The most benefits of depression come from rhythmic exercise such as walking, weight training, swimming, or dancing.

4. Eat a healthy, depression fighting diet

Don't skip meals and Minimize sugar and refined carbs, you may crave sugary snacks or comfort food, but these "feel good" foods, quickly lead to a crash in mood and energy.

5. Challenging negative thinking

The mental filter, ignoring positive events and focusing on the negative. Noticing the one thing that went wrong, rather than all the things that went right

