

FIVE PRACTICAL TIPS FOR MANAGING DEPRESSION

FORCES
CHILDREN
SCOTLAND



Why do I need them?

Depression can feel overwhelming. Sometimes, breaking down your feelings and having small practical tips to help you work through them can help things feel more manageable.

Get it all out

The best place to start when trying to manage depression is to get all your thoughts out of your brain. You can do this in so many ways. You could write them all down, in a journal or a letter that you won't ever send. You could say them out loud to yourself, or record a voice note. You could even draw them or write a short story.



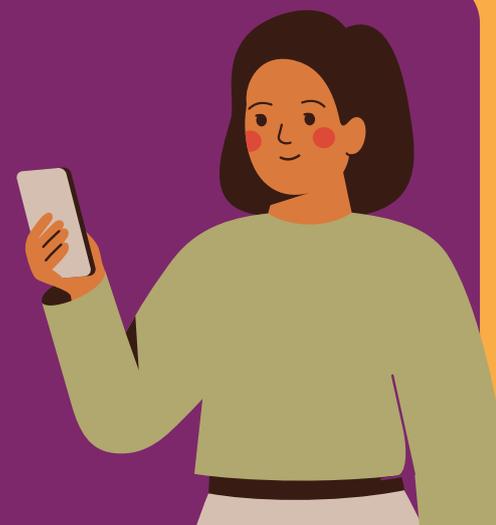
Depression can make us feel like everything is too much and we aren't good enough – but it is important to remember that this isn't true! So getting all our thoughts and feelings out can help us start to tackle them. You could answer some of these questions: How do I feel? What would make me feel better? Who could I speak to?

Nourish your body

It can be hard to find the energy to do anything when things are hard but eating fuels our body to get through things. Try to give your body something.

Get connected

It can be especially hard to reach out to friends and family when you're struggling, but feeling less alone can help. You can try to arrange some social time that works for you – this could be a games night, an online gaming session or even just a video call with a loved one. You don't need to talk about your mental health if you don't want to, try silly icebreakers instead.



Remember the good things

Setting aside some regular time to practise writing about, and focusing on, the things you enjoy or are passionate about can help to shift your perspective on your worst days. These don't have to be big things, they can be silly! Here are some examples...

1

Thing you can look forward to

2

Bands or artists you like

3

People you care about

4

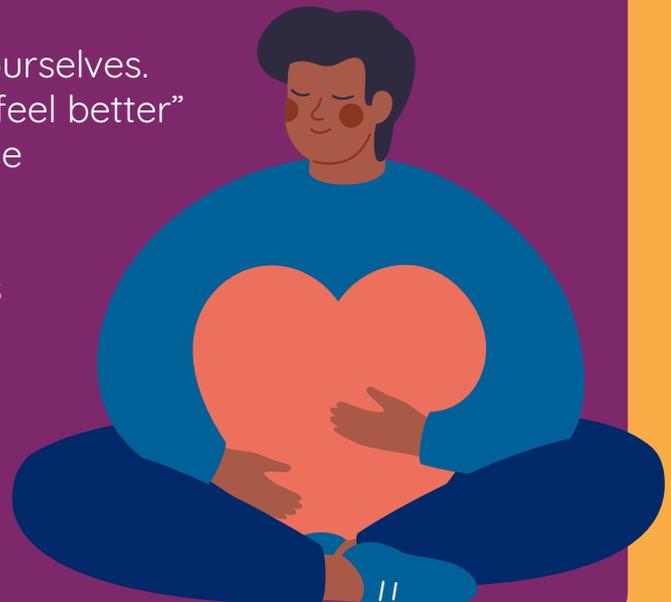
TV shows you like

5

Foods you love

Be kind to yourself

Depression can often make us be nasty to ourselves. We can say things such as, “why can't I just feel better” or “I'm just lazy”. Other people may say these things too. But you need to remember that you are trying your best and that is enough. Try speaking to yourself in the same way as you would speak to a friend or a small child. You would be kind, gentle and supportive. You can speak to yourself like that too. Try cutting yourself some slack by telling yourself things like “I've tried my best today and that's good enough for me”.



THE ARMED FORCES
COVENANT FUND TRUST

