

# Tips for Managing Depression



## Things you can do on your own

- Talk to people you trust about what you're feeling.
- Take care of yourself by asking for as much help as you need, eating well, exercising as you are able, and getting plenty of sleep.
- Set a sleep schedule, and try to stick to it. Having a regular bedtime and time to wake up helps many people feel more in control of their mood.
- Keep a journal, and write down your thoughts and feelings.
- Plan out your day, and ask for help getting things done.
- Talk to a therapist, social worker, or spiritual adviser.
- [Practice mindfulness and relaxation](#). Try yoga, tai chi, or meditation exercises such as deep-breathing, guided imagery, and progressive muscle relaxation.
- Include light exercise into your daily routine.
  - Try to be active for at least 15-30 minutes every day. Walking is a good option. If 30 minutes of exercise is too hard, break it up into shorter sessions. For example, try three 10-minute sessions.
- Try to continue with your normal daily activities.



## With the help of your care team

**Ask your care team about antidepressant medications, and try to find the regimen that works for you.**



## When to call your care team for help

- If you have thoughts of suicide, call 911 or your care team right away.
- You may also contact the National Suicide Hotline by calling 988.



For more information and support, visit the American Cancer Society website at [cancer.org/depression](https://cancer.org/depression) or call us at **1-800-227-2345**. We're here when you need us.