



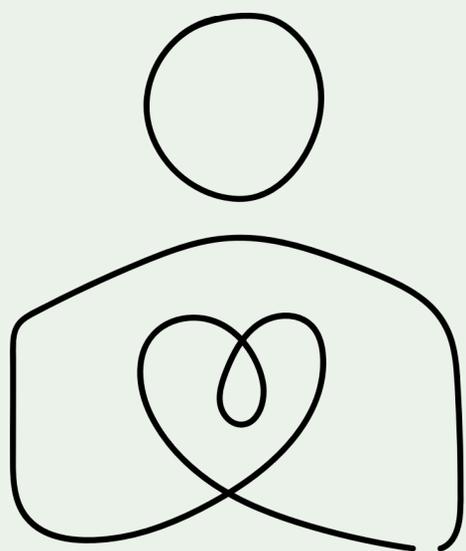
Beyond Treatment: Strategies & Support

More than 19 million U.S. adults – nearly 8% of the population – have had at least one major depressive episode in the past year. As important as psychotherapy and medication can be for those who are suffering from depression, often there is the need for additional strategies and support.

Strategies for Self-Care

Mental/Emotional

- **Thankfulness** – Gratitude opens the door to more healthy relationships, improves physical and psychological health, and enhances empathy.
- **Recreation and Hobbies** – Try to get busy with a hobby that will make you feel good and enjoy life! (e.g. crafts, reading, cooking, painting, etc.)
- **Imagination** – Take imaginary vacations or use your imagination when you go outside.
- **Organization** – Your environment tends to reflect what's going on in your mind. Take small amounts of time each day to declutter your environment and make small accomplishments.
- **Limits and Boundaries**



Physical

Establish healthy routines!

- **Medications** – Take medications as prescribed.
- **Eating** – Eat regular and healthy meals
- **Sleeping** – Establish healthy sleeping habits. Make it a habit to sleep and wake up at the same time everyday. Make your bedroom more conducive to sleep! Turn off electronics 30 minutes before bed and make your room as comfortable as possible to reduce stress levels.
- **Exercising** – Make some form of physical activity a part of your daily routine. Set small exercising goals for yourself.

Spiritual

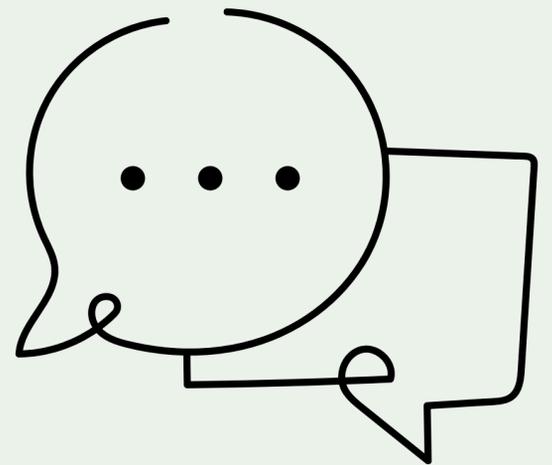
- **Inspirational/Faith Affirmations** – Things that speak to you inspirationally
- **Journaling** – This can include a prayer or gratitude journal
- **Faith practices, disciplines, and/or traditions**



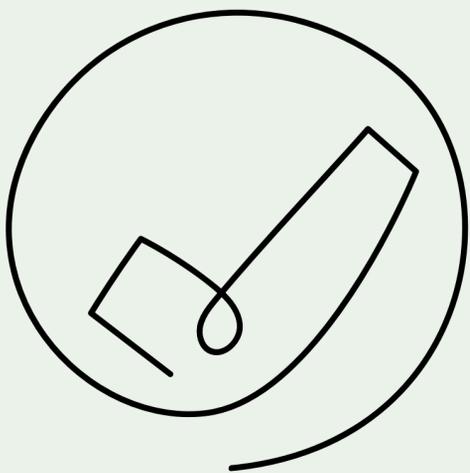
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Helping a Loved One

- **Offer support by being** understanding, patient, and encouraging
- **Never ignore comments** about suicide, and report them to your loved one's health care provider or therapist
- **Invite them out** for walks, outings, and other activities
- **Help** them ensure that they have transportation to therapy appointments
- **Remind** them that with time and treatment, the depression will lift
- **Educate yourself** about depression and the treatments being recommended
- **Take the initiative** to check on your loved one regularly – do not wait for them to call you
- **Stay in touch** with other family members and friends who are involved in supporting your loved one



Self-Care for Family/Friends



- Develop your own support system
- Consider joining a support group
- Maintain a healthy lifestyle
- Set aside time for yourself as much as possible

Remember, if you don't take good care of yourself, you aren't going to be able to take good care of your loved one!

Data adapted from "Beyond Treatment: Strategies and Support", a webinar originally held on 3/22/2021.
Presented by Dr. Dan Hale & Rev. Yerby-Hammack.

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