

# 10 Practical Ways to Take Care of Your Mental Health



socialize



eat well



stay in touch



maintain your hygiene



take a break



talk about your feelings



smile



stay active



drink responsibly



get enough sleep

# DEPRESSION FIRST AID



## What To Do

## What **NOT** To Do

Check in to make sure they're **safe** and coping **okay**

Dismiss them for **attention seeking**

Listen with **compassion** and **patience** to **understand them**

**Judge / criticize** them for struggling and call them "**weak**"

Recognize they have a **REAL illness** they're **fighting** and commend them for their **strength**

Tell them to just "**snap out of it**" because you believe they're only experiencing **sadness**

Do a nice activity together like watch their **favourite movie** or **take them out for coffee**

**Leave them** to fend for themselves because you believe they "**chose**" to **be like this**

Please **don't push** those with **depression away**, be the one who supports them through it.  
**Like and share to increase awareness - it could help save someone's life!**

