

Anti-Depressant Medication

Medication

Getting better starts with small positive choices each day. You can look online for support groups in your area. Also, sometimes it helps to talk with a counselor. We can help you find a counselor.

If you are finding it hard to cope with your feelings, you're not alone. Here are some tips to keep in mind:

- Eat healthy food
- Lower stress
- Avoid the urge to isolate
- Relax

Way to Go!

Talking to your doctor about how you are feeling is a good way to start feeling better.

- Keep taking the medicine your doctor gave you
- Keep all of your visits with your doctor
- When you go to the doctor, talk about how the medicine makes you feel
- Don't just stop taking the medicine without talking to your doctor first

What else Can I do to Feel Better?

Experts say that working out helps a lot, and you can start off with a little bit at a time. Here are some ideas:

- Try working out a little every day
- Take your dog for a walk
- Walk while you're talking on the phone
- Take the stairs rather than the elevator
- Walk indoors at the mall
- Park your car in the furthest space from the door

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