

TIPS TO BEAT DEPRESSION

GET ENOUGH SLEEP: Chronic sleep deprivation can affect your mood, which can be a key factor in raising stress levels.

REACH OUT TO OTHERS: Friends and family can help you to cope with your illness better, ask them for support. They can help alleviate the strain, whether it is practical help or just a shoulder to cry on

MANAGE TO BALANCE YOUR ILLNESS: Don't let illness take over your life. No matter how ill you are, it is important to make time for relaxation and enjoyment.

RELAXATION: A good relaxation technique is an anti-stress device that you always carry with you. There are many techniques, from deep-breathing to self-hypnosis. Find one that works for you. Look out for the many CDs, books and DVDs that can help.

EXERCISE: It improves blood flow to the brain, helping you think more clearly. Exercise is a great way to release endorphins, the body's natural painkillers and feel good hormones.

EAT A HEALTHY DIET: A balanced diet is essential for dealing with depression. Cut back on stimulants like caffeine and sugar, and depressants like alcohol and nicotine to keep your blood sugar levels constant and help you avoid mood swings.

SEEK PROFESSIONAL HELP IF YOU NEED IT: If you feel that depression is getting the better of you, there are lots of people that can help.