

## Recommendations for coping with a Diagnosis of Depression

Depression is a condition that is often difficult to manage, both for sufferers and their families. Getting the right treatment and support is essential to help people cope with and even overcome depression.

### Recommendations for condition management:

Learning more about depression will provide tools to manage the condition and cope with day-to-day situations in an appropriate way.



- Talk about how you feel. You may identify a family member or friend, with whom you can unburden yourself and not feel judged.
- Beginning the process of psychotherapy with a suitable professional will be the best way to honestly express your feelings and concerns while acquiring the right tools to cope with depression.
- Keep regular medical appointments and do not abandon your treatment, psychotherapeutic/pharmacological. If you feel that your medication is not working for you, or if you experience side effects such as a desire to take your life, consult your doctor immediately.
- As much as possible, avoid making hasty decisions during the period when you feel depressed. If it is necessary to make a major decision, try to seek information about it and



talk to people who know about it or have an objective view of the situation.

### Some self-care practices that can benefit you:

- **Give importance to rest.** It is recommended that you sleep between 7 and 9 hours. In this period the body and mind regenerate.
- **Follow a good diet.** Avoid foods that can affect your body's functioning such as caffeine, products high in sugars, salts and fats.
- **Avoid alcohol, cigarettes and illegal drugs.**
- **Practice breathing exercises.** You can start by feeling the air going in and out of your nose. These exercises can help you bring your attention to the present moment and calm automatic (usually negative or catastrophic) thoughts.
- **Use aromatherapy.** Perhaps you can turn to a scent that connects you with happy moments.
- **Identify practices to connect your body and mind.** You could explore meditation techniques, visualizations, massage, or more active practices such as yoga, pilates, Tai-chi, among others.

- **Listen to some sound or music.** A sound that helps you stay calm.
- **Be physically active** for 30 minutes, 5 days a week. On a physical level it will help you maintain your weight, oxygenate your body and brain, reduce blood pressure and blood sugar. Mentally, it will help you stay in the moment and feel calmer. Before you start, check with your doctor. 
- **Be thankful.** Remember things you are thankful for, be specific, write them down and repeat them constantly.
- **Visit nature.** Maybe you can walk along a path, or by the beach.
- **Get involved in activities that make you feel good.** For example, gardening, board games, sharing with friends and family, sports, learning to make food, decorating, crafts, playing with your pets, among others.
- **Look for support groups.** These can be in churches, associations, communities, and private or governmental entities. 

person in depression see that they are not alone. Support and encourage them to seek help and never leave them alone. For immediate attention, you can call the PAS Hotline hotline at 9-8-8 or 1-800-981-0023.

### Social and Emotional

For recommendations, tools and resources on how you and your family can deal with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

#### Medical Advice Line

1-866-337-3338

TTY/TDD 1-866-921-0101

#### APS Health

787-641-9133

#### References:

<https://medlineplus.gov/ency/article/003213.htm>

<https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

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### General precautions:

If a person you know is suffering from depression, be aware that there may be a possibility that they may feel a desire to harm themselves. Take all signs of suicidal behavior seriously and act immediately. It is important to let the