



## Coping Mechanisms and Self-Care Practices for Managing Depression and Anxiety

Living with depression and anxiety can be challenging.

Luckily, there are strategies that can help us cope better and give our bodies and minds the nourishment needed to navigate this.



### Helpful day-to-day strategies:

- **Social Support** – Connecting with loved ones and building a support network can provide a strong foundation for managing depression and anxiety. Talking about your feelings can help you feel understood and less alone.
- **Creative Outlets** – Creative activities like painting, writing, or playing a musical instrument can provide an outlet for self-expression and emotional release. And serve as a distraction from negative thoughts.
- **Seeking Professional Help** – If your depression and anxiety become overwhelming, seeking help from a mental health professional is crucial. Psychologists and counsellors can provide personalised strategies and support your journey to recovery.
- **Mindfulness and Meditation** – Engaging in mindfulness techniques and meditation can help you stay present, reduce overthinking, and manage overwhelming thoughts and emotions.
- **Breathwork** – Taking a few minutes each day to focus on your breathing and observe your thoughts without judgment can foster a sense of calm and self-awareness. Practice inhaling deeply for a count of four, holding for four, and exhaling for four. This can calm your nervous system and reduce anxiety.
- **Regular Exercise** – Physical activity can have a positive impact on mood and mental health. Regular exercise releases natural mood lifting endorphins. Try a brisk walk, yoga, or an at-home workout routine – find an activity you enjoy and fits your routine.
- **Balanced and Nutrient Rich Diet** – A balanced diet rich in nutrients can support brain function and mood regulation. An unhealthy diet can make it more difficult for your mind and body to thrive. Try whole foods, lean proteins, complex carbohydrates, and healthy fats to nourish your body and mind.
- **Healthy Sleeping Habits** – Establish a consistent sleep schedule and create a relaxing bedtime routine. Limit screen time before bed, create a comfortable sleep environment, and practice relaxation techniques. Try mindfulness, meditation, or playing calming music. All can help improve the quality of your sleep.



Remember managing depression and anxiety is a journey. What works for one may not work for everyone. It's important to explore various coping mechanisms and self-care practices to find the ones that resonate with you.

Taking proactive steps to care for your mental health can lead to increased resilience, improved mood, and a more fulfilling life.

### Learn More

#### Mental and Physical Health: A Coexist

This toolkit offers all the information needed to understand the link between mental and physical health, as well as the many ways in which we can ensure wellbeing in both spheres.

