

## Coping Skills for Depression

There are three categories of skills that help us cope with depression:

- Socialization
- Reflection
- Physical Activity

Under these categories are some exercises we can do to practice these skills. It is important to choose activities that you can do regularly.

**Socialization** is effective for people who benefit from personal interaction. It can help people who are normally more social, tend to open up to others and thus revitalize their energy. In addition, social supports can be involved that can help improve mood. Some activities that correspond with socialization are **going out with a friend, planning a meal or a get-together with your family, and going to events in your community.**

**Reflection** is effective for people who want to be more independent. Reflection can help us become more observant and learn from our mistakes. Some activities that correspond with reflection are **journaling and meditation.**

**Physical activity** is effective for people who benefit from being active. It helps to distract and improves physical health. Some activities include **yoga, running, and going to the gym.**