

Tips for Preventing Depression and Loneliness

Create a simple schedule. Add Structure to your day.

- 1** Get outside! Even for a few minutes standing or walking can help.
- 2** Reach out. Call someone you haven't seen in awhile.
- 3** Exercise your body. Walk. Garden. Virtual exercise class.
- 4** Exercise your brain. Jigsaws. Crosswords. Word search puzzles.
- 5** Cook or bake something new. (Think healthy)
- 6** Do something spiritual. Meditate.
- 7** Read! Book. Magazine. Newspaper. Reach out to your local library.
- 8** Plan something for spring – dream big!
- 9** Redecorate. Beautify your home. Start with a small area at first.
- 10** Be creative! Paint. Color. Draw. Scrapbook. Knit.

