

Thrive 365 #15

Did you know?

Research evidence tells us that increased activity can be a helpful way of overcoming depression. In some cases, it has been shown to be as effective as antidepressants.

What can you try?

1. Make it routine

Building some physical activity into every day can really lift your mood. Whether it's a dog walk, a run, some morning stretches or yoga...find something that works for you. Sometimes, doing anything can seem overwhelming if you're in a dark place. Having a list of things that you enjoy, especially those that involve physical activity, can help. On the days when you don't feel like doing anything, try to commit to just doing one thing from the list.

2. Connect with others

Physical activity can also be used to mix with other people - which is also important to our sense of wellbeing. Where possible, exercise with others by walking, taking online zoom classes together or when we are not in lockdown, playing a team sport.

3. Stick with it – enjoyment will return

When you're depressed it's likely that you'll begin to withdraw from things that you would usually enjoy. This can make low mood much worse. As much as possible, keep to your usual activities. You might not enjoy them as you used to straightaway, but the enjoyment will return gradually with time.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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