



beyondblue

Depression. Anxiety.

Staying well

Recovering from anxiety and depression



Staying well is about finding a balance that works for you, but there are some general principles that most people find useful. These include reducing and managing your stress, maintaining a healthy lifestyle, and taking action early if you start experiencing symptoms of anxiety or depression.

The journey to wellness

Developing a plan to help you manage your anxiety or depression is an important part of your recovery and ability to stay well.

With the right treatment and support, most people with anxiety and depression will recover. Many people find that their condition doesn't disappear altogether, but that they are able to manage it.

Getting well can be a process, so be patient with yourself – deal with any setbacks and keep trying. Have confidence in yourself, but ask for support if you need it.

Below are some quick tips to help you get started. The *beyondblue* website has some great information to further support you to keep well.

Sleep well

Anxiety and depression can disrupt your sleep patterns. It's essential to try to restore a regular sleep pattern to make a full recovery.

Keep active

Regular physical activity is a good way to help prevent or manage mild anxiety and depression. Keeping active can help you stay physically fit and mentally healthy.

The information in this document is general advice only. The advice within it may therefore not apply to your circumstances and is not intended to replace the advice of a healthcare professional.

Reduce stress

Stress is common in daily life, but prolonged stress can affect your mental and physical health. Below are some steps to help reduce stress:

- Postpone major life changes if you're feeling stressed
- Resolve personal conflicts
- Relax by doing things you enjoy
- Control your work by avoiding long hours and added responsibilities
- Learn to say 'no'
- Exercise regularly
- Learn relaxation exercises
- Get support

Eat well

Food plays a vital role in maintaining physical and mental health. Eating a healthy diet helps to give you an overall sense of wellbeing.

Reduce alcohol and other drugs

Reduce the use of alcohol and other drugs, as they can cause long-term problems and make it much harder to recover.

For more information and practical tips on staying well visit beyondblue.org.au/staying-well





Where to find more information

beyondblue

www.beyondblue.org.au

Learn more about anxiety, depression and suicide prevention, or talk through your concerns with our Support Service. Our trained mental health professionals will listen, provide information, advice and brief counselling, and point you in the right direction so you can seek further support.

 1300 22 4636

 Email or  chat to us online at www.beyondblue.org.au/getsupport

Head to Health

headtohealth.gov.au

Head to Health can help you find free and low-cost, trusted online and phone mental health resources.



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