

How to manage depression

Low moods usually pass, but what about when we feel sad for weeks, months or longer?

Lots of us live with depression day in, day out. It affects 1 in 5 of us at some point in our lives, so we're not alone. But the good news is, there are plenty of things we can actively do to help manage our depression which can make a positive difference to how we feel. Here are a few things that you could think about doing.

- **Do some exercise** – Staying active can help to alleviate symptoms of depression, so start gentle with a slow 20-minute walk and gradually increase the frequency.
- **Practice self-care** – Making time to look after yourself and focusing on the things you enjoy, whether it's reading a book or being in nature, can help to boost your mood and improve your wellbeing.
- **Join a support group** – Connecting with others who understand what you're feeling and sharing your own story can help in your own recovery, as well as offer encouragement and support to others with similar experiences.
- **Talk with a therapist** – Talking therapy such as cognitive behavioural therapy (CBT) can help you explore and change how you think about life, and free yourself from unhelpful patterns of behaviour. It can help you to deal with overwhelming problems in a more positive way.
- **Share how you're feeling** – Confiding in a friend, family member or your GP can help you feel supported and less alone. If it feels awkward at first, give it time. Make talking about your feelings something that you do.

The Bank Workers Charity (BWC) offer a free and confidential app for retired bank employees and their partners to help them look after their mental health and wellbeing. My Possible Self, which is a research-led app which offers a holistic approach to mental health. It can help you to manage anxiety, tackle depression, ease stress and improve sleep

[Access My Possible Self](#)

To get in touch with BWC, call their **free and confidential Helpline on 0800 0234 834** - they're open **Monday to Friday 9.00am to 5.00pm** (except bank holidays). Or head to their website to speak with an adviser via Live Chat.