

6 Habits That Make Depression Worse



ISOLATING YOURSELF

You need support - call/text/video chat and get together.



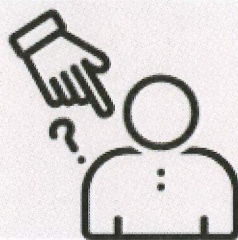
WAITING TO FEEL BETTER

Although you don't feel like it, nudge yourself to do things even when depressed.



NO TIME FOR HOBBIES

Hobbies are a good distraction and remind you that life can be enjoyable.



BLAMING YOURSELF

Your depression is not your fault, but you can help make it better.



POOR SLEEP HABITS

Too little or too much sleep makes it worse.



INACTIVITY

Don't worry about burning calories, just move more each day than you feel like.