

Activity 14

Estimated Time: 10 minutes

Depression can be alleviated and even cured by adding exercise into one's daily life. This is especially the case when it comes to mild depression.

If you have mild depression, or if you know someone who does, think of your local area and the opportunities available to get more exercise.

Is there a local walking path available? Is it possible to walk around the neighborhood? Is there a place where one could go cycling? Is there a local pool that you might have access to? Are there fitness classes you can sign up for?

After answering these questions, make a list of exercises that you can try or that you can suggest to others, that might help your depression. Focus on starting this practice as soon as possible.