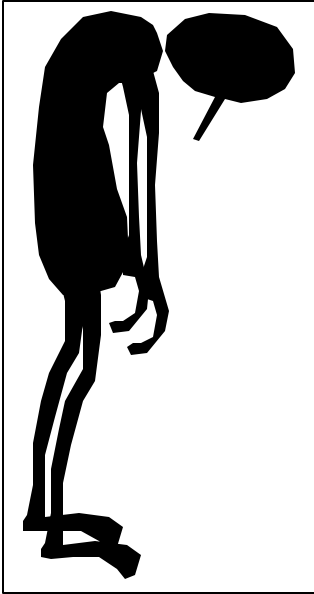


## Preventing Fatigue and Depression



**There are many indications a person is experiencing fatigue or depression but some common signs include:**

- Decreased energy, fatigue and feelings of being slowed down.
- Insomnia and disturbed sleeping patterns.

**So how can we fight fatigue and depression so that it doesn't happen to us?**

Exercise as simple as walking for 20 minutes at a time for 3-4 times a week can help. Exercise is a proven natural antidepressant and mood elevator.

Eat regularly and nutritionally.

Be cautious with medications as many can cause side effects that include fatigue and depression.

Don't smoke.

Get adequate sleep regularly.

Be social and develop and use support systems such as family and friends.

If you are feeling tired or bogged down, ask for help from your support systems.

Plan regular activities that you enjoy and stick to them.

Set limits on how much you take on.

Don't hold resentful or angry feelings inside.

If you or someone you know is experiencing the signs of fatigue or depression as listed above, it is important that they discuss their symptoms with a medical professional.

