

Tips To Beat Depression

REACH OUT TO OTHERS: Friends and family can help you to cope with your depression better. Ask them for support.

GET ENOUGH SLEEP: Chronic sleep deprivation can affect your mood which can be a key factor in raising stress levels.

RELAXATION: A good relaxation technique is an anti-stress tool that you can use at anytime/anyplace. There are many techniques, from deep-breathing to self – hypnosis. Find one that works for you. Look out for the many CDs, books and DVDs that can help.

EXERCISE: It improves blood flow to the brain, helping you think more clearly. Exercise is a great way to release endorphins, the body's natural painkillers and feel good hormones.

EAT A HEALTHY DIET: A balanced diet is essential for dealing with depression. Cut back on stimulants like caffeine and sugar, and depressants like alcohol and nicotine to keep your blood sugar levels constant and help you avoid mood swings.

SEEK PROFESSIONAL HELP IF YOU NEED IT: If you feel that depression is getting the better of you, there are lots of people that can help.

Help Lines

Breathing Space

Helpline for people experiencing low mood or depression
Tel: 0800 838587 (6pm-2am)

NHS 24

Tel: 0845 242424

Samaritans

Service offers emotional support, allowing people to talk to them about any problem they may be experiencing 24 hours a day
Tel: 08457 909090

Saneline

Sane provides care and emotional support for people with mental health problems, their families and carers as well as information for other organisations.
Tel: 08457 678000



Bipolar Aberdeen

www.bipolaraberdeen.org.uk

Email: info@bipolaraberdeen.org.uk

Bipolar Aberdeen is a registered charity (SCO 25471)

Bipolar Aberdeen Self-help Group

“One in four people will have a mental health problem in their lifetime. Around one in fifty will have bipolar disorder”



Bipolar Aberdeen

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“Recovery is about much more than the absence of symptoms. It's about having the chance to live a satisfying and fulfilling life in the presence or absence of symptoms”

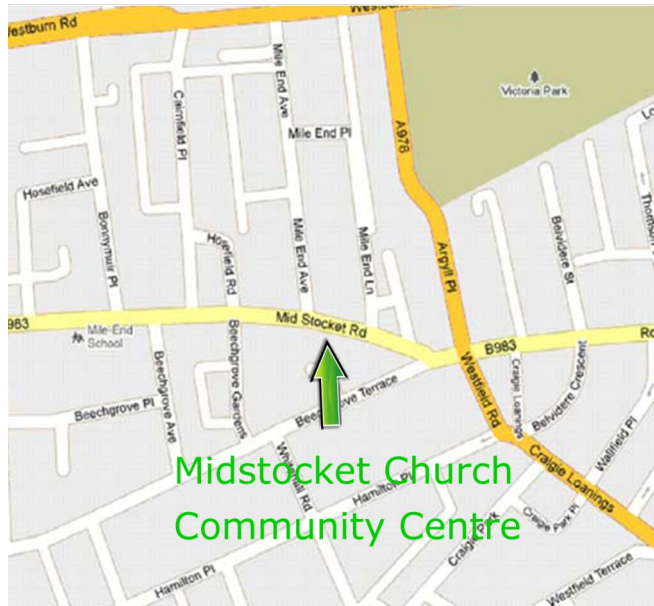
Email: info@bipolaraberdeen.org.uk

Bipolar Aberdeen Self-help Group

Bipolar Aberdeen is a self help support group for people with bipolar disorder including their carers, family and friends.

Bipolar Aberdeen holds **free monthly meetings**, normally the **last Thursday of each month** from **7pm-9pm**. at the **Midstocket Church Community Centre, 35 Midstocket road, Aberdeen, AB15 5JL**

The group has discussions, hosts guest speakers or shows videos.



Bipolar Aberdeen Self-help Group

The Bipolar Aberdeen meetings are not a welfare service but they are intended as self-help group meetings in which people with bipolar disorder and their carers, friends and family can get together to share experiences and to provide mutual support and advice on coping with bipolar.

You will realise you are not alone in what can often be a bewildering situation. Your sense of fighting the illness in isolation will be reduced.

Some people who use the support group find the experience of listening to, talking to and sharing with other people with similar problems useful in overcoming difficulties.

No appointment or referral is needed, just turn up and meet people who understand, in a supportive environment.



Tips to Beat Mania

TAKE YOUR MEDICATION: See your doctor and take your bipolar medication exactly as prescribed.

RELAX and REDUCE STRESS: Anxiety and stress can trigger mood episodes in many people. So make a real effort to relax. Try something more focused like yoga or meditation.

CUT BACK ON COFFEE, ALCOHOL AND OTHER STIMULANTS: Caffeine is a stimulant, which may worsen your mood and may also affect sleep pattern. So cut back or cut out fizzy drinks, coffee, and tea. Alcohol and drugs can affect how your medications work. They can also worsen your condition and possibly trigger a mood episode.

GET A GOOD NIGHT'S SLEEP: Being over-tired can trigger mania in many people. So get into good sleep habits. Go to sleep and get up at the same times every day. Relax before bed by listening to soothing music, reading, or taking a bath.

EXERCISE: Studies show that regular exercise can help improve mood. It can also help you sleep better. Talk to your health care provider about what kind of exercise routine you should try.

EAT A HEALTHY DIET: A good meal plan can help you feel better and give you the nutrients you need. Avoid fad diets that force you to cut out food groups. Instead, focus on the basics: eat lots of fruits, vegetables, and grains, and less fat and sugar.