



Physical Exercise

- 30 minutes of mild to moderate exercise 3-4 times per week for 9 weeks is a treatment for mild depression.
- Start small and make gradual changes over time to increase your fitness level.
- **DISCLAIMER:** please talk to your family doctor if you have any concerns about increasing your physical activity level.

Green Space

- Spending times in green spaces is associated with a reduction in depression symptoms.
- Studies have suggested that as little as 30 minutes per day can help reduce depression symptoms.
- This is NOT a full treatment for depression – but adjunctive with other forms of treatment.





Sleep Routine

- Insomnia can significantly contribute to depressive symptoms.
- A healthy sleep routine can help improve sleep and depression.
 - Limit caffeine & alcohol
 - A cool, quiet, and dark sleep environment
 - Have a consistent wake-up time
 - Avoid napping during the day
 - Avoid exercise and screen use one hour before bed

Light Therapy

- Seasonal Affective Disorder Lamps (SAD Lamps) have evidence in treating mild depression. It is adjunctive in treating moderate depression.
- 30 minutes per day at 10,000 lux (brightness) in the morning
- Cost about \$40-50
- Do not use this method with a history of bipolar disorder as there is a risk of mania.

