



BlueCross BlueShield of New Mexico



BlueResourceSM – Emotional Wellbeing – Dealing with Depression

Chase Away the Blues

It's okay to have feelings of sadness or grief after stressful events. But if this lasts longer than two weeks, try these steps to feel better.

Reach out to others. Stay connected with people who care about you. The simple act of talking to someone about your feelings may change your mood and outlook.

Create a “feel-good” toolkit. Make a list of activities you enjoy. Whether it's a nature walk, playing with a pet or watching a funny movie, do one or more each day.

Move your body. Aim for at least 30 minutes of exercise each day. Physical activity takes your mind off worries, helps you feel energized and releases good chemicals in your brain.

Eat to feel better. Give your body foods rich in depression-fighting B vitamins and omega-3 fatty acids. Leafy greens, citrus fruits, chicken, eggs and fatty fish are good choices.



Talk with a health care provider if you struggle with depression.

Sources: *Coping with Depression.* Help Guide. 2019.
Depression and Anxiety: Exercise Eases Symptoms. Mayo Clinic. 2017.
Depression Basics. National Institute of Mental Health, National Institutes of Health. 2016.

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