

Instructions:

Dear patient,

Don't worry. We have collected for you some instructions that will help you get better.

Here they are:

- Join therapy and life coaching sessions:

It's not easy to deal with depression by your own, so we really grantee for you that therapy and talking to someone that is expert in this field is essential for treatment and avoid setbacks. Here are some links foe Arabic and American therapy and life coaching sessions:

<https://therapists.psychologytoday.com/rms>

<http://www.goodtherapy.org/find-therapist.html>

<https://arabtherapy.com/ar>

<https://esaal.me/ar/>

<https://www.noomii.com/>

<https://youronlinelifecoach.com/>

<https://www.facebook.com/LifeCoachingOnlineEgypt/>

<https://ibsacademy.org/course-358-life-coaching.html>

- Talk to someone you trust:

We know it's not easy to talk about what you face. But it's one of the best ways to decrease the stress you feel.

- **Break up long tasks into small tasks:**
Feeling that you have a lot of work to do that you can not finish may increase the symptoms you face as anxiety and low self-esteem. We advise you to make every task as small parts that you finish a little by a little daily. So, you will feel that your day is productive which increases your self-esteem and encourages you to work hard.
- **Delay making important decision while depressed:**
Don't take any important or one chance decisions while facing the symptoms as choosing the college you will go to or to accept a job. As one of depression effects is the feeling you don't have enough energy to keep up with your life.
- **Avoid drugs or alcohol or nicotine or some medicines:**
Some medicines can increase the depression symptoms and other can be an addiction for you as it changes some hormones that is related to the depression on you as drugs do. So, before taking any medicines, we advise you to talk to a doctor about it.
- **Physical activity, regular health food, and sleep:**
Good food, enough sleep and doing some exercises are good ways to have daily healthy habits which help you avoid bad thoughts and refresh your mind.

Thanks for using our application.
Hope for you a speedy recovery.