**What to know about avoiding depression:**

Depression is a common and serious medical condition that affects how people feel and act. The illness can lead to emotional as well as physical problems and can cause issues in all aspects of a person's life.

Many people take medication, such as [antidepressants](https://www.medicalnewstoday.com/kc/antidepressants-work-248320), to treat their [depression](https://www.medicalnewstoday.com/kc/depression-causes-symptoms-treatments-8933), but there are a variety of natural methods available that work and reduce the risk of future episodes

(steps to avoid depression)

## Exercise

Exercise offers a range of health benefits including [helping prevent depression](https://www.health.harvard.edu/mind-and-mood/exercise-is-an-all-natural-treatment-to-fight-depression). Both high-intensity and low-intensity exercise is beneficial in this respect.

High-intensity exercise releases the feel-good chemicals, known as endorphins, into the body.

Low-intensity exercise sustained over an extended period helps release proteins called neurotrophic factors, which improve brain function and make a person who is exercising feel better.

Many people who are depressed have low motivation for exercise, so it is a good idea to start with 5 minutes of walking or doing an enjoyable activity and gradually increase the length of time over the coming days, weeks, and months.