**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.

**Avoid common triggers**

As much as possible, a person should avoid triggers associated with the onset of their depression symptoms.

This, of course, is not always simple, and in some cases, it can be impossible. For example, if a particular person or group of people are a trigger, the individual will have to weigh the advantages and disadvantages of avoiding them.

A job could be a trigger, but leaving a job is not always possible. Any life-changing decisions, such as these, need to be thoroughly thought out.

However, the most important thing is that the individual identifies what triggers their depression and works toward a way of managing and avoiding them as much as possible

Avoid alcohol and drugs There is a close link between depression, as well as anxiety disorders, and alcohol or other substance-use disorders. The Anxiety and Depression Association of America estimates that around 20 percent of people who have depression also have an alcohol or drug disorder. For most people, moderate alcohol consumption is not a problem, but for people with depression, alcohol or drug use can make their symptoms worse. It can be a vicious cycle, but while many people take medication, there are natural techniques available that can help deal with both disorders at the same time. For example, cognitive behavioral therapy (CBT), which looks at ways to change thinking patterns, is often useful. Many people see benefits after 12 to 16 weeks of therapy.