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For depression and good mental and physical health, do these things daily:

1. Walk for 30 minutes every day, or equivalent.
2. Get enough sleep.
3. Eat a healthy diet.
4. Get 20 minutes of direct sunlight on your skin every day.
5. Take an Omega 3 (Fish oil) supplement every day.
6. Do a hobby you enjoy regularly.
7. Do some type of formal relaxation, prayer or meditation every day.
8. If you have things to “worry” about, try your best to solve them. Then set aside 30 minutes per day to worry about what you cannot solve. Otherwise, “don’t worry.”
9. Resist the urge to stay in bed or sleep excessively. Stay busy and focus on being optimistic.
10. Keep track of these items daily.

