

SUGGESTIONS FOR COPING WITH DEPRESSION

1. Recognize that the major responsibility for alleviating your depression lies with you. It is important to acknowledge it and be open to accepting help.
2. Read about depression in order to recognize the symptoms, causes, types and treatments.
3. Realize that depression serves a purpose. It is best to face it and work through it, rather than avoid it.
4. Talk things over with an understanding friend or loved one. It is one factor that may help you avoid severe depression.
5. See a physician for a complete checkup and discussion of your symptoms.
6. Redirect energy in more constructive channels so there is more pleasure in your life. Pleasure is a source of energy. Take a break for a favorite activity, an evening out, a trip, etc.
7. Exercise helps you to relax, work off bottled-up tension and sleep better.
8. Work on your sorrow. Lean into your pain. Realize and accept the death. Allow yourself to experience the many feelings you get, such as anger, guilt, etc. Express your feelings – let out anger by hitting a pillow, swimming, screaming, hitting a punching bag, crying, etc.
9. Become involved with people; do volunteer work, help others.
10. Try to look at life more positively. Try not to expect that bad things will happen. Make efforts that good will happen.
11. Avoid extra stress or big changes if possible.
12. Practice deep breathing which stimulates physical energy.
13. Remember that good nutrition is important for mental and physical health.
14. Seek professional help if depression is severe or persistent. It will not be as debilitating or as enduring as it would be if ignored or suffered alone.
15. Examine your feelings to figure out what's specifically troubling you and what can be done.
16. Write down negative thoughts and sort through them for the ones that you might be able to solve. Dealing with problems one at a time helps.
17. Consider yoga and meditation.
18. Depression has its roots in hopelessness. Hold on to hope – grief and depression management takes time.
19. Acceptance of the loss and resultant depression makes it less painful.
20. If you feel guilty, seek forgiveness. Find alternatives to self punishment.
21. Attempt thinking pleasant thoughts for one minute. This may take practice but it is a helpful habit to cultivate.
22. For someone in depression it is important to remember that alcohol itself is a depressant.

23. Replenish self-esteem. Try harder to like yourself. Treat yourself as you would a good friend. Be patient, encouraging, forgiving. Pamper and be gentle with yourself.
24. Do something you do well, such as hobbies or special activities. Little accomplishments help you to rediscover your self-confidence.
25. Remember, you have a choice. Depression can be managed. It doesn't have to ruin lives.