

Depression

“Unstuck in Life”

1. Realize symptoms of depression-Listen to body’s internal call that something is going wrong in your life.
2. Monitor Automatic Negative Thoughts (ANT) “I’m not good enough” or “It’s not fair.” What are you telling yourself? Thoughts are powerful and can influence your feelings and outlook on life.
3. Body movement is the key to getting “unstuck” in life. This raises level of neurotransmitters in the brain. Develop a routine or schedule to exercise (stretch muscles, walk or ride a bike).
4. Deal with the daily assassins of emotions such as loneliness, guilt, shame, and anger- understand what has caused deep sense of feeling. Have a written dialogue with self-write about loneliness, guilt and etc.
5. During dark night of soul- time of despair- where nothing seems to work. Reach into 30 minute box and complete task.
6. Spirituality- Find something that gives you meaning and purpose- Rely on source greater than us (God)-(forgiveness, disappointment of love).
7. Return- Move through journey of life. Stay present, learn to relax and appreciate peak moments in life. Use simple relaxation techniques- take deep breaths to help release tension.
8. Learn to say “No” so you don’t overlook yourself and create schedule that’s too busy.
9. Stay connected. Enjoy a laugh or talk to a close friend each day.
10. Set realistic goals and expectations for yourself.
11. Spend time volunteering in your community. Helping others gives you a sense of purpose.