

Tips for Recovering from Depression

- ♪ **Keep up a daily routine as much as possible.** Consider your daily chores important. You may believe that *"It doesn't matter what I do,"* but it does.
- ♪ **Block the tendency toward isolation and withdrawal** by actively seeking the company of others whom you enjoy and who enjoy you. Try to get out, even for short periods of time. If you can push yourself to do it, see family members and friends as much as possible, but for short periods of time.
- ♪ **Take care of your body.** Deliberate physical activity is important for overcoming depression. A daily walk is the preferred activity.
- ♪ **Be aware of your eating habits.** If your appetite is poor and you are losing weight, try to eat small amounts of food frequently. If you are overeating, try to distract yourself when you reach for junk food or seconds.
- ♪ **Recognize and accept your feelings.** The best thing you can do is to have a person you can trust (this may be someone other than a family member) to whom you can talk and express feelings of anger, frustration or fear.
- ♪ **Structure your time.** Set small, manageable daily goals. Making and keeping commitments will build a sense of accomplishment.
- ♪ **Be good to yourself.** You deserve acceptance and consideration; you are well worth caring for. If you think otherwise, the depression is "talking."
- ♪ **Keep a diary, log or journal of your feelings.** Record three positive aspects of yourself every day.
- ♪ **Learn assertiveness skills.** Learn effective ways to communicate your thoughts and feelings. Anger, irritability and frustration can be expressed in ways that prevent resentment and guilt.
- ♪ **Practice seeing humor in your world.** Cultivate your sense of humor to gain perspective and feed your spirit. Make yourself laugh out loud - read the comic pages - watch a funny movie.
- ♪ **Cultivate a hobby that keeps your mind focused.** Possible activities include: doing crossword puzzles or needlework, painting by numbers, reading a short book, gardening, building or refining furniture and/or listening to upbeat music.
- ♪ **Permit yourself to receive and absorb compliments,** praise and affection from others.
- ♪ **Give praise and compliments** to others at least once a day.
- ♪ **Give friends or family a copy of this tip sheet.** If they are the kind of people who think you will be strengthened by being scolded or ridiculed, educate them.
- ♪ **Compose a list of positive, pleasurable activities.** Every day select two activities from your list and do them.
- ♪ **Be patient with yourself.** Remember, your recovery is a process, not an event. Focus on your successes and accomplishments, no matter how small.

For help dealing with depression please contact CONCERN® Services: 513-891-1691 or 800-642-9794. Visit us on the web at www.trihealth.concernservices.com