

## HOW TO HELP YOURSELF OUT OF A DEPRESSION

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J. Arthur has identified that depression is the second most common mental health problem today. Most people feel “gloomy” or “down” from time to time. Here is some basic information to help you develop ways in which you can help yourself feel better. Remember, depression develops when a person fails to cope and /or feels unable to cope with a situation or life in general.

### Signs of depression

irritability

fatigue

social withdrawal

indecisiveness

change in appetite

feelings of helplessness

loss of enjoyment

loss of interest

self-hate

guilty feelings

pessimism

sense of failure

suicidal thoughts

feelings of inadequacy

crying spells

poor mood

sleep disturbance

preoccupation with health

Not all these symptoms need to show themselves for a feeling of “depression”. Most of these symptoms can also be signs of other problems such as physical illness, so see your doctor for a physical check up.

### Ways to help yourself

1. Physical exercise - walk 45 minutes a day or swim 3-4 times a week, or take up jogging or yoga.
2. Check on your nutritional status. If you have a Vitamin B deficiency or other nutrient lack you will likely feel depressed; see your doctor for possible health problems.
3. Take up a new hobby or sport, or join a club. Seek out new people and do things that give you joy.
4. Make yourself do at least one positive, healthful activity everyday.
5. Get out in the sunshine and fresh air every day.
6. Do not wait for other people to do things for you. Act . Don't react. Take the initiative and use your personal power.
7. Talk with someone about your perception of yourself and the world. You may have self-defeating attitudes.
8. Talk about your problems. Ventilate your guilt and shame, and get those memories out of the closet and off your mind.
9. Evaluate the standards you have set for yourself. Determine whether they are reasonable. Set more attainable, short term goals and give yourself rewards for doing things even if you did not do them perfectly.
10. Express your ideas, opinions, feelings, and desires more openly.
11. Make positive self-statement. Remember to tell yourself that you believe in yourself. You do your best. You like yourself faults and all.