

Possible Tools for Reducing the Intensity of Depression

Our Pompano group brainstormed the list below at our Jan 3rd, 2017 support group meeting.

Which tools work for you, will be entirely individual. These are simply a menu of suggestions.

Recommended: Check off 1 – 3 tools you would like to try, and this week give your #1 pick a shot.

- Give it time to subside. Allow your feelings and ride it out. Remember, this won't last forever. It may take a while, but there is going to be a light at the end of this tunnel.
- Give yourself time to be in the feeling versus 'pressurizing yourself.' The latter just makes it worse.
- Versus getting impatient with yourself, decide to give yourself 'X' amount of time to just 'be in the feeling' of wherever you are. After 'X' amount of time passes, call time on yourself and take a break.
- Take breaks from depression instead of continuously struggling; i.e. whatever constitutes a 'break' for you. For example, give might yourself permission to nap for 2 hours; or if working, to go to your car to be alone and meditate for 15 minutes.
- Allow yourself space to cry, perhaps while listening to sad / compassionate music.
- Uplifting music might work better for you.
- Dance to music.
- Exercise. Pick exercise you actually enjoy doing.
- Take a warm bath / pamper yourself.
- Pray or meditate. Meditation can take many forms, including nature walks.
- Meet new people.
- Engage in rituals that inspire you.
- Practice thankfulness and gratitude.
- Notice the little things, the 'everyday miracles.'
- Light reading.
- Get a massage.
- Talk with a therapist.

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- If you find yourself ruminating on negative thoughts, or buried by your ‘Inner Critic,’ try completing our ‘Saying No to Negative Thinking Worksheet’ (It’s another handout on the same table as this one). You can use it to help you replace negative, disempowering thoughts with empowering positive thoughts.
- Peer Support: Talk with people who can relate, because they have been there.
- Peer Support: Support others who are also there. When you help others heal, you may find you gain even more than they do.
- Keep up your good hygiene. Poor hygiene stands to create a vicious spiral. Go for a virtuous one.
- Force yourself to get up at a regular time each morning: early is better. By synchronizing with your body’s natural circadian rhythms, you stand an excellent chance to boost your physical energy.
- Bob Dziuba: Remember ‘Depression cannot hit a moving target.’ Get out and socialize. Force yourself to keep moving.
- Bob Dziuba: Instead of waiting to feel better to do things, do things to feel better.
- Notice that the better you function while depressed, the better you feel about yourself.
- Do things you find validating; that increase your feelings of self-worth. E.g. volunteer work.
- Create a list – or better yet, a collage – of all the things you’re good at, and have ever succeeded at.

-- Add your own personalized tools below --