

Managing Depression

Learn

- a. Understand about depression: How it works, what keeps it going
- b. Identify depression feelings and sensations
- c. Understand the connection among thoughts, feelings, behavior
- d. Appreciate the value of the following strategies as the best ways to lift mood
- e. Expect the need for long-term maintenance

DEPRESSION STRATEGY



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1. Manage Thoughts

- a. Identify unhelpful or false beliefs that aggravate depression
- b. Practice avoiding thinking errors
- c. Question those beliefs and provide more constructive and accurate alternatives

2. Regulate Feelings

- a. Understand about feelings and how to identify them
- b. Notice signs of depression, discouragement and frustration
- c. Identify effective coping skills to handle fear, sadness or anger

3. Stay Active

- a. Identify mood boosting, positive activities
- b. Plan how to pursue these

4. Care for the Body

- a. Get a medical evaluation, especially regarding sleep and nutritional deficiencies
- b. Try adrenal supplements, amino acids and other nutritional help
- c. Get a psychiatric evaluation and use medications as prescribed

Take Steps

- a. Anticipate obstacles to the strategies above and plan how to handle them
- b. Identify problems to solve and goals to achieve
- c. Plan small steps towards a goal or solution