



STRUGGLING WITH DEPRESSION? 6 THINGS YOU COULD DO THAT DO NOT INVOLVE MEDICATION

1

GET YOUR IMPORTANT NUMBERS CHECKED

Your physical and your mental health are very much linked. Talk to your doctor and ask them to test your thyroids and testosterone levels, as well inflammation and Omega 3 and iron levels. It is not unusual to measure for chronic fatigue syndrome

2

EXERCISE/WALK

Exercising and taking long walks (45 min or more 2-3 times a week) has been proven to help with depression and alleviate other important symptoms of depression.

3

DO NOT BELIEVE YOUR ANTs

Automatic Negative Thoughts are negative ideas and beliefs about ourselves. They are part of our own cognitive bias and self-concepts. When we question them, we are allowing a more realistic. DO NOT believe everything your brain tells you.

Depression is shown in MRIs as a reduced activity on the left front side of the brain.

4

CBT

CBT offers an effective tool kit that can help you identify and cope with triggers and intrusive thoughts that could be enhancing your depression. CBT offers tools that you can implement right away (ie. behaviour activation, etc) to help you out of the funk.

5

TA

TA (Transactional Analysis) can help by identifying the origin of thoughts and/or distorted beliefs about yourself and your world (through the Life Script). When you know when and how you acquired those beliefs, you are free to change them to more realistic/appropriate ones.

6

MEDITATE/MINDFULNESS

Depression tends to take our minds somewhere other than the present moment. Through the practice of mindfulness, we can train our minds to remain in the here and now. We also learn to think about our thinking and identify patterns that keep us stuck.