



**UNDOING
DEPRESSION**

Change Your Brain ~ Change Your Life

THE INSTANT *Freedom* FROM DEPRESSION

B L U E P R I N T



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**THE EIGHT
ESSENTIALS TO
RECLAIMING YOUR
LIFE BACK FROM
DEPRESSION**

While depression is a serious illness, you can fight back against it and win if you know what to do when it strikes. If your depression is severe, however, it's important to seek the advice of a physician.

Most people with depression, though, have a mild to moderate form, and they can do a lot to help themselves. By using some tips and tricks to get through depressive episodes, you can feel better and look forward to life.

Handling Depression on Your Own

Conquering your depression is possible, so avoid giving in to the fear that you won't be able to handle it. Success often comes from believing in what you're trying to accomplish.

People who succeed keep pressing forward, even if they are scared or things look difficult. They continue to work because they know there are great rewards awaiting them. You can have those rewards, too!

**THESE ESSENTIAL STRATEGIES WILL
HELP YOU RECLAIM YOUR LIFE BACK
FROM DEPRESSION**

NO. 01

UNDERSTAND YOUR DEPRESSION



There are many different types of depression. It's important for you to identify what type of depression you suffer from so you can seek the most effective treatment.

The most severe type of depression is called clinical depression. It's chronic, and it's not triggered by anything specific. It's simply always there.

Another mental condition called Bipolar Disorder can cause depression. This condition forces a person to switch moods rapidly. One minute he might be ecstatic and another minute he might be suicidal.

Now take time to pause, think, and write down what type of depression you are currently facing.

NO. 02

**MONITOR YOUR
THOUGHTS**



It's likely that you feed your depression with negative thoughts. It's important to observe your thoughts to avoid getting stuck in a negative thought loop.

For example: jealousy can lead to intense depression. If you find yourself feeling jealous of a certain person, reduce the amount of time spent with that person. Cynical thoughts can also encourage depression

What kind of negative thoughts are you feeding into your depression?

NO. 03

**FOCUS ON THE
POSITIVE**



Each one of us has something good in this life. Even if it's only the fact that we're still alive, it matters! It's a beginning point to work from. Make a list of everything good in your life. Take time to think about it, and you'll come up with more than you expect.

- » Practice thinking positively. Positive thoughts can have a massive impact on your outlook towards life.
- » Small things count, too, like the beautiful sunrise you saw this morning or an unexpected smile from a stranger.

Make a list of everything positive and good that you have in your life.

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NO. 04

**KNOW WHO YOUR
FRIENDS ARE**



Spend your time with people who share positive attitudes, goals, and beliefs. These kinds of people can help raise your spirits when times are tough.

- » If you're religious, your church is a good place to find supportive people.
- » If you're not a religious person, there are plenty of groups, both online and offline, where you'll find like-minded, happy, positive, and supportive influences. Search in your community or do an online search for forums with your interests.
- » Get involved in a support group for people with depression. These people, like you, are finding ways to conquer their depression.

What supportive friends or communities do you have in your life? And what support groups will you become a part of?

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NO. 05

**SEEK THE GREAT
OUTDOORS**



Spending time in nature has been proven to reduce some symptoms of depression. Take a walk through a public park or a nearby forest. Looking at green vegetation can actually relax your eyes and reduce stress. Watch the birds and squirrels busily scurrying about in their daily routines.

- » Close your eyes, take in the sounds of the forest, feel the cool breeze on your arms, and breathe in the aroma of fresh wet leaves.

Make a list of a few ways you can spend more time in the great outdoors.

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NO. 06

GET MOVING & EXERCISE REGULARLY



Exercising re-energizes your body, produces hormones that elevate your mood, and boosts confidence.

Exercise is one of the best ways to feel better. You'll have more energy and it's a great mood-booster as well. Start small if you need to, but work your way up to 3-5 times of focused exercise per week.

- » With exercise as a part of your regular routine, you'll feel like smiling again. Your desire to have hobbies, friendships, and life experiences will come flowing back!

For best results:

- » Conduct a bit of research before you hit a gym in order to familiarize yourself with different workout routines. Encourage a friend to join you.
- » If joining a gym isn't your style, you can still get plenty of exercise. Run and play with your kids and pets. Take walks, swim, or play sports.

How can you begin to practice moving and exercising regularly in your life?

Example of how you can be exercising regularly: Every day I will go for a morning run around the local park and twice a week go swimming in the community pool.

What is yours?

NO. 07

PAY ATTENTION TO WHAT YOU'RE EATING



A lot of fatty, high-calorie foods can make you feel sluggish. If you're feeling depressed, these "comfort foods" can make you tired and increase your desire to remain on the couch. Instead, have something healthy like fresh fruits and vegetables.

- » Avoid changing your diet drastically all at once because that's more difficult to stick to. Just start making small changes. You'll be surprised how much of an effect it has on you, and in such a short period of time, too.

What ways can you begin to make small changes to your daily diet?

Example: Instead of buying candy and cookies at the stores for snacks throughout the day I am going to buy fruits and vegetables instead to snack on during the day.

What will yours be?

NO. 08

DISCOVER WHAT
TRIGGERS YOUR
DEPRESSION



Every person on the planet is incredibly unique. Your triggers can be completely different from someone else's. Take a moment or two to analyze your depression and try to figure out what is creating the negative thoughts.

There could be a number of triggers. For instance, a lot of men suffer from depression because they can't seem to communicate with women without being harshly rejected.

Once you find your triggers, it will be easier to work towards curing the depression.

What are triggers in your life that create negative thoughts and stimulate your depression?

Example of triggers that spark negative thoughts and emotions:

I get depressed every time I am told I'm not smart or ugly. I begin to think negative thoughts when I feel like I am not performing well in work or in school. I begin to think negative thoughts and start to experience depression when I share my emotions with my family and they reject me.

What are your triggers?

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**THERE'S EVEN MORE
YOU CAN DO TO
CONQUER DEPRESSION**



You can feel better more quickly if you're dedicated to making changes in your life. These changes can start out small so you feel comfortable making them. For example, if you use positive affirmations each day when you wake up, soon enough your subconscious will believe it and you'll realize that you really are waking up feeling good.

Say positive things when you wake up, before you go to bed at night, and any time you just need a boost. It may seem strange to you, but your mind just might start to internalize and believe them.

These positive statements, or affirmations, can change your life, one thought at a time.

The things you tell yourself often become reality; therefore you can choose to make your reality a good one. Make a commitment today to feeling better and you'll soon start to see your depression fade into a memory of the past. Of course, ensure you consult with your doctor and health professionals before making any drastic lifestyle changes.

MOVING FORWARD

BREAKING THE CHAINS OF DEPRESSION ISN'T SOMETHING THAT ANYONE CAN DO FOR YOU. YOU MUST MAKE THE DECISION ON YOUR OWN. BUT IT'S NOT IMPOSSIBLE. THERE'S NO NEED TO SPEND ANOTHER MINUTE IN THAT COLD, DAMP, CELL.