



@humanity360for365

“Mental Health Matters”

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H360’s Mental Wellness Guide: Tips for Coping with Depression

When dealing with depression you should consult a physician AND : R.G.C

R- Reach out and Stay Connected- Getting support can help in overcoming depression. Staying connected to people and taking part in social activities will help your mood and outlook. Reaching out is not a sign of weakness, and it won't make you a burden.

G- Do things that Make you Feel Good- You must do things that relax and energize you. Try a hobby, or sport. Or express yourself through music, art, or writing. You can't force yourself to have fun, but you can PUSH yourself to do things, even when you don't feel like it. Indulging in self-care activities is also a good idea.

C -Challenge Negative Thinking! -When those thoughts arise, remember that they are symptoms of depression, and when you really examine them they don't hold up. Identify the type of negative thoughts, and replace them with a balanced way of thinking.

<u>R-Reach Out</u>	<u>G-Things That Make You Feel Good</u>	<u>C-Identify Negative Thoughts</u>
<ol style="list-style-type: none"> 1. Talk to one person about your feelings 2. Help someone else by volunteering 3. Have lunch or coffee with a friend 4. Ask a loved one to check in with you regularly 5. Accompany someone to the movies, a concert, or a small get-together 6. Call or email an old friend 7. Go for a walk with a workout buddy 8. Meet new people by taking a class or joining a club 9. Confide in a clergy member, teacher, or sports coach 	<ol style="list-style-type: none"> 1. Spend some time in nature 2. List what you like about yourself 3. Read a good book 4. Watch a funny movie or TV show 5. Take a long, hot bath 6. Take care of a few small tasks 7. Play with a pet 8. Talk to friends or family face-to-face 9. Listen to music 10. Do something spontaneous 	<p>All-or-nothing thinking – Looking at things in black-or-white categories, with no middle ground (“If I fall short of perfection, I’m a total failure.”)</p> <p>Oversgeneralization – Generalizing from a single negative experience, expecting it to hold true forever (“I can’t do anything right.”)</p> <p>The mental filter – Ignoring positive events and focusing on the negative. Noticing the one thing that went wrong, rather than all the things that went right.</p> <p>Diminishing the positive – Coming up with reasons why positive events don’t count (“She said she had a good time on our date, but I think she was just being nice.”)</p> <p>Jumping to conclusions – Making negative interpretations without actual evidence. You act like a mind reader (“He must think I’m pathetic”) or a fortune teller (“I’ll be stuck in this dead-end job forever.”)</p> <p>Emotional reasoning – Believing that the way you feel reflects reality (“I feel like such a loser. I really am no good!”)</p> <p>‘Shoulds’ and ‘should-nots’ – Holding yourself to a strict list of what you should and shouldn’t do, and beating yourself up if you don’t live up to your rules.</p> <p>Labeling – Classifying yourself based on mistakes and perceived shortcomings (“I’m a failure; an idiot; a loser.”)</p> <p style="text-align: center;"><u>Now Challenge Those Thoughts</u></p> <ul style="list-style-type: none"> • <u>What’s the evidence that this thought is true? Not true??</u> • <u>“What would I tell a friend who had this thought?”</u> • <u>“Is there another way of looking at the situation or an alternate explanation?”</u>
	<p>Adapted By: https://www.helpguide.org/articles/depression/coping-with-depression.htm</p>	