



DEPRESSION

Thoughts

- Negative view of self, the world, the future
- I'm useless, I'm worthless
- Everything is hopeless



Body reaction

- Fatigue
- Slowed down
- Do less
- Stay in bed/home
- Disinterest
- Can't concentrate
- Changes in eating
- Changes in sleeping



Thinking differently

- Is this fact or opinion?
- I'm looking through those 'gloomy specs' again.
- It's okay to feel sad about this situation, but I can get through it.
- This doesn't mean I'm a worthless person. What would be a more helpful way of looking at things?
- What would I say to a friend in this situation?
- Even though I feel bad, if I do something anyway – I'll feel better.



Doing differently

- Do things anyway – in spite of how I'm feeling.
- Get up. Get out.
- Do something enjoyable or useful.
- If unmotivated, try an activity for just 5 minutes.
- Be with or contact others.
- Focus attention outside of me and my situation.



Imagine...

In your mind's eye, see yourself doing and enjoying the things you used to or would like to enjoy doing, and successfully doing what you need to do.

Visualise orange for positive energy.

Breathe in orange, and breathe out blue/black.

