

## **Depression: 25 Ways to Reduce and Eliminate**

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1. First, decide you want to feel better.
2. Commit to taking action and do something to change your circumstances.
3. Agree to doing something, anything different for a set period of time before quitting.
4. Identify and list all the negative influences in your life- how you talk to yourself, the negative people, bad news, negative talk shows, self-medication, numbing yourself, escaping on the computer, dwelling on the past, etc.
5. Determine a plan to rid yourself of each one of these as you are willing and able from your life.
6. If you drink daily, stop at least for a period of time, say one month.
7. Begin any type of exercise program: walking, jogging, weight lifting, etc.
8. Purposely expose yourself to positive influences, messages, books, stories of inspiration, biographies, thoughts for the day or any literature that is motivational, spiritual or inspirational.
9. Find an activity, hobby, sport, outdoor experience etc that gives you pleasure and do it for one month.
10. Get on a routine of getting up and going to bed at the same time daily.
11. Be open to or if possible reach out to friends or anyone who seems interesting and available.
12. Consider a place of worship to feed your spiritual needs and associate with a like-minded group of people.
13. Set a few attainable goals for your day and do something on that list.
14. For the moment, stop judging your negative physical attributes and do one thing that will make you feel better about your appearance.
15. Call someone you know on the phone just to “check in”, say “Hi” or find out how they’ve been.
16. Do something kind for someone who needs help because it will help you feel better about yourself.
17. If you are taking recreational drugs to make yourself feel better or feel less badly, suspend those for one month.
18. Instead of asking “Why me?” ask “What opportunities does this problem offer me?”
19. Read “Why Bad Things Happen to Good People”, “Authentic Happiness” or “Happiness Now”.
20. Consider medication. It could help especially if nothing else has.
21. Use vitamins daily.
22. Ask a friend or family member how you are “your own worst enemy”.
23. Consider counseling.
24. Make amends to a relationship that ended badly even if they did you wrong.
25. Face your Fears. List them all. Rank order them according to their discomfort level from least to most fearful (1 – 10). Develop a strategy of exposure to deal with and overcome each one from the least anxious to the most anxious. Take your time but stick with it. You will feel better and more confident in yourself.