

## Some Strategies to Help You Feel Better

Depressive disorders can make one feel exhausted, helpless and hopeless. Such negative thoughts and feelings make some people feel like giving up. It is important to realize that these negative views are part of the depression and may not accurately reflect the situation. The National Institute of Mental Health offers the following recommendations for dealing with depression:

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
- Participate in activities that may make you feel better, such as mild exercise, going to a movie or ballgame, or attending a religious, social or community event.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition--change jobs, get married or divorced--discuss it with others who know you well and have a more objective view of your situation.
- People rarely “snap out of” a depression. but they can feel a little better day-by-day.
- Remember, positive thinking will replace the negative thinking that is part of the depression. The negative thinking will be reduced as your depression responds to treatment.
- Let your family and friends help you.

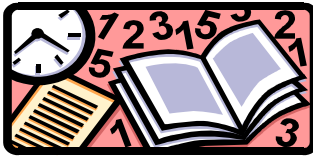
### Sources for online depression screening checklists:

**National Mental Health Association depression screening checklist**  
*[depression-screening.org](http://depression-screening.org)*

**National Depression Screening Day website**  
*[www.nmisp.org/depression.htm](http://www.nmisp.org/depression.htm)*

The Area Agency on Aging District 7, Inc. serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

***“Services Provided on a Non-Discriminatory Basis”***



# QUICK QUIZ

After reading this issue, think about how you can deal with feelings of loss, grief and depression in *you* and the person in your care. Then answer True or False to these questions.

## Circle T for TRUE or F for FALSE:

- T F 1. Feelings of depression about long-term illness *usually* pass without any outside help.
- T F 2. Relief, anger, denial and depression are all legitimate responses to a long-term illness diagnosis.
- T F 3. Most patients can overcome feelings of depression through personal willpower.
- T F 4. The best treatment for clinical depression is exercise.
- T F 5. Grieving is an essential step in recovering from losses.
- T F 6. Tears are how people grieve. Until someone has cried, they haven't really grieved.
- T F 7. It's better not to plan for the future when dealing with a long-term illness.
- T F 8. The start of emotional recovery for people with a long-term illness is to *feel and acknowledge* the feelings no matter what they are.
- T F 9. Laughter releases *feel-good* hormones into the bloodstream.
- T F 10. Our cardiovascular and respiratory systems do not benefit from laughter.



Answers  
1. F, 2. T, 3. F, 4. F, 5. T, 6. F, 7. F, 8. T, 9. T, 10. F

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