

GALINOS MEDICAL CLINIC, INC

🎵 RAINY DAYS AND MONDAYS 🎵

Relatable, isn't it? The song from Carpenters echoes while staring at the glass window, hearing the rain pounding silently against the window sill and glass.

I believe that the beauty of the song is that it can relate to anyone at anytime. We can and do all feel "down" at many points in our lives. But when we find that special person, the depression goes away.

Indeed the song depicts depression.. which happens to anyone. Only when you talk to her/him, letting them feel that they are not alone is a big relief at some point.

Let's encourage the depressed person to talk about their feelings, and be willing to listen without judgment.

Let us be the special person to them.

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DEALING WITH DEPRESSION

Battling depression is tough. Thankfully, there are many ways you can fight depression. What works one day may not work as well the next, so you want as many tools in the toolbox to adapt and handle whatever depression throws your way. Similar to how symptoms of depression overlap and affect each other, some of the tips below overlap and can help address multiple symptoms.

Here are some tips for coping with depression:

CHALLENGING NEGATIVE THINKING

Being able to recognize when depression is pulling you down is the first step toward recovery. When depressed, all sorts of negative thoughts can get stuck in our heads, so it's important to be able to keep these in check. Here are five common depressed thoughts and what you can do about them.

SHIFT YOUR ATTENTION

If your mood is weighing you down to the point where it feels impossible to challenge your thoughts, then try taking a step back to concentrate on something else. This can be especially helpful when trying to deal with and overcome suicidal thoughts. Mindfulness exercises can be helpful in shifting attention away from negative thoughts.

FOCUS ON THE BASICS

Sleep, food, physical activity - do your best to keep on top of these as they can make a huge impact on your ability to successfully manage depression.

Make sure to think 'physical activity' and not 'exercise'. Going for a short walk, doing household chores, or anything that gets you up and moving counts.



KEEP DOING THINGS

This might seem hard at first, because you probably won't have the same amount of energy you normally do, but part of fighting depression is simply giving your mind something else to think about (and a rest from depressed thoughts).

Try concentrating your attention anywhere else - go for a walk, work on a hobby, meet a friend for coffee. The main thing here is that you want to avoid lying about and stewing in misery all day. Once you get going, you'll also usually find you have more energy than you thought you would.

REACH OUT TO FRIENDS AND FAMILY

A lot of guys hide feeling depressed from the very people that could help the most.

Talking about what's causing you stress or bringing you down can help lessen the intensity of these thoughts.[1] Give those closest to you a chance to help out.

KEEP SOME HUMOUR IN YOUR LIFE

Finding ways to make yourself laugh provides your mind with a break from all the negative thoughts depression brings.[3]

Whether this involves talking a friend, watching a funny show or movie, or following a humorous account on social media, it can all help.

GIVE YOURSELF CREDIT

We know how hard it is to fight depression, so we cannot stress this enough - be proud of any steps and progress you make, even if it takes longer than you hoped.

Recovering from depression takes time. The new habits and skills you learn now will help you throughout your life.

SOURCE:

<https://headsupguys.org/cope-with-depression>