



DEPRESSION

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WHAT STRATEGIES CAN YOU USE TO HELP?

1. Ease back into your usual activities

If you stop taking care of yourself or doing things you normally enjoy, your life will be less interesting, and you will feel worse.

To counter this, try doing fun activities, taking some time for self-care, doing daily chores, or spending time with family, if at all possible.

Of course, it's important to take things slow and start with something simple and realistic. Set achievable short-term goals, like eating breakfast every day or returning your calls.

2. Challenge your negative thoughts

Depressive thoughts are unrealistic and unfair. To overcome them, you need to replace depressive thinking with realistic thinking.

Realistic thinking helps you assess your situation accurately and see things as they actually are. It makes it easier to weigh the positive and negative aspects of your life in a more balanced way. Being able to challenge your negative thoughts and replace them with fair and realistic thoughts is an important skill.

Depressive thoughts recur over and over again, sometimes for years, until they become automatic. For this strategy to be effective, you need to learn to recognize the types of situations that trigger negative thinking patterns for you.

3. Use effective problem-solving strategies

Solving problems takes energy. As depression worsens, your energy levels drop, and it becomes harder and harder to take action. That's why it's so important to have an effective problem-solving strategy in your toolbox.

SIGNS OF DEPRESSION: You may be depressed if your mood is low, if you have almost no interest in your life most days for several weeks and if you are experiencing any of the following symptoms:

your weight or appetite has changed dramatically

you're sleeping too much or not enough

you constantly feel restless or sluggish

you feel worthless or guilty

you feel really tired most of the time

you feel numb or empty

you're having trouble concentrating or making decisions



If you think you are suffering from depression, it's important to get help and take steps to address it. Talking with someone you trust can help you understand your problems and put them in perspective. If you continue to feel depressed, seek help from a health professional.

It's not enough to have a fair and realistic thought one time.

Realistic thinking needs to be practiced regularly to become automatic. Don't let yourself fall prey to depressive thoughts without challenging them. Every time you challenge a depressive thought, you weaken its power and reinforce your realistic thoughts.

Step 1:

Choose a problem to focus on. Sometimes, people suffering from depression have trouble identifying specific problems in their lives: they see everything as one huge problem. It's helpful to identify specific problems that you want to address. That way, you're one step closer to finding realistic solutions.



Step 2:

Think about what you could do to solve your problem. Write down three actions you think would be effective. Don't try to decide which is best; just come up with a few solutions.



Step 3:

Decide which action you'll take. Jot down the pros and cons of each one and pick the best option. It should be something that will solve your problem or at least get you closer to a solution. Remember that it's better to succeed at something simple than to fail at something that's too ambitious.

After a few days, reflect on what worked and what didn't.

**IF YOU NEED HELP, YOU CAN ALWAYS CONTACT YOUR HEALTH CENTRE.
YOU CAN ALSO REACH OUT TO THE FOLLOWING RESOURCES:**

First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310

Revivre helpline (anxiety, depression, other issues): 1-866-738-4873

Suicide prevention centre: 1-866-APPELLE (1-866-277-3553)