

Help for Healing from Depression

From [Dr. Mercola.com](http://Dr.Mercola.com)

<p>1. EXERCISE Get sufficient amounts of exercise</p>	<p>2. ENJOYABLE ACTIVITIES Schedule activities you know you've enjoyed in the past, as this will help activate your brain's pleasure centers</p>	<p>3. CREATIVITY Express your negative feelings creatively, through painting, singing, music or other creative pursuits</p>
<p>4. REDUCE STRESS Manage your day-to-day stress levels</p>	<p>5. CHANGE PERSPECTIVE Assess your thoughts and change how you interpret events</p>	<p>6. BE MINDFUL Practice mindfulness, i.e. pay attention to the moment you're in right now</p>
<p>7. POSITIVE SELF-TALK Silence your "inner critic" and practice more positive self-talk</p>	<p>8. SOCIAL SUPPORT Widen your social support network</p>	<p>9. SELF-CARE Improve your self-care, such as eating better and getting enough sleep</p>