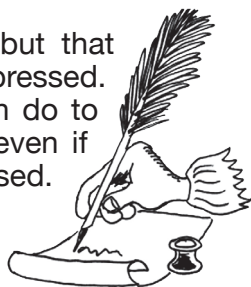


Mild Depression. Despondency

We often feel despondent, but that doesn't mean that we're depressed. There are things that we can do to make ourselves feel better, even if we're feeling mildly depressed. Here are some suggestions.



Problems

Write down what's worrying you: you'll "empty" your mind of problems. Make a **list of your concerns** and think about them one by one, not about all of them at the same time. What are the causes of each problem? And what are the possible solutions?

What can you do to improve the situation? If you feel that you can, have a good cry about the past: you'll get rid of your sorrows and leave room for the good things. Accept the things that can't be changed and appreciate what you have and have had.

Appreciate the little things in life

Every night, write down three good things that have happened to you during the day. Something good is bound to have happened to you, however little. If you think about this, you'll help your mind to "stock up" on good things and not think about the bad things. And every morning, **reflect on three things to be grateful for:** thinking about all the good things you have will help you feel better.

At difficult times mentally repeat a phrase that helps you to carry on: "I'm doing well", "I'm strong" ... Any phrase that works for you. Mental phrases are very powerful: they can change the way you see things.

Work

If you have to look for work, go out and look for it. If you're afraid of losing your job, analyse the problem step by step and look for another one, just in case. If the atmosphere at work is difficult and you can't see a solution, look for another job: you've got nothing to lose.

If you're retired and don't feel useful any more, set yourself a routine of daily activities.

Social Relationships

Collaborate with the people around you, at home, with the needs of those close to you and social entities. **Doing things for others** helps you feel more cheerful.

Get together with other people regularly, enjoy their conversation and company. Listen to their joys and sorrows. Think more about others, but try not to let sad people get you down: if you can, surround yourself with positive people.

If you have problems with other people, try to solve them calmly, as far as possible. There are things that we can't change: what others do is up to them. If you want something, ask for it, don't wait for others to guess.

Look after yourself

Work on your **self-esteem** (look after yourself because you love yourself and you want to feel good).

Value and take care of your health. Avoid alcohol and other drugs. Eat healthily and get enough sleep.

Keep physically active: do a daily workout or some sort of exercise suited to your abilities.

Get some sun every day, for 10 minutes; in the morning if possible. Watch happy films. Avoid wearing sad colours. Get involved in your hobbies.

Get out of the house whenever you can: forget those screens, they waste your life away! If you don't think you can do it on your own, ask someone you know for help.

If you still feel down even so, talk to your doctor.

