

DEPRESSION QUICK HELPS

5 Things to remember when feeling depressed:

1. You are loved despite your sadness.
2. Your discomfort won't last forever.
3. You aren't any less of a person because certain people can't understand what you are going through.
4. You are separate from this depression. This is not your identity.
5. You are so needed even if you feel worthless.

Choose today to focus on what you are, not what you are not.

What are 3 things you are proud of yourself for doing, or love about yourself right now?

How to refuel your emotional tank:

1. Tap into your inner child. Little children always have so much energy! Maybe watch a funny show that reminds you of simpler times.
2. Tap into familiar & secure connection: call your mom or have a dinner party with close friends.

Day one or one day?

How you frame statement and situations can determine what you grow in your brain and your direction. How can you reframe a statement or situation?

SOMETIMES GROWTH AND HEALING REQUIRES US TO GO BACKWARDS BUT DEAL WITH THE PAST DIFFERENTLY.

Find something beautiful within each day.

It can be the smell of freshly baked bread or a cloudless sky. Just one small thing can make a world of difference.

6 morning reminders to help you start your day off right:

1. Today is a new day filled with opportunities and potential.
2. Progress is progress no matter how small.
3. You are not defined by other people's opinions.
4. Think about who you want to *be* today and not what you need to *do*.
5. You are stronger and more capable than you feel or think.
6. Your thoughts are not facts.

TRUE HEALING DOESN'T MEAN ERASING THE EXISTENCE OF THE HURT. IT MEANS THE HURT NO LONGER CONTROLS YOU, YOUR EMOTIONS, AND YOUR MENTAL HEALTH.

Thinking in extremes ("all-or-nothing" or "black-and-white") can be a major toxic thinking habit.

This sets an unreasonable rule in which any outcome less than 100% equates to 0%. Having these two extremes when evaluating your life often leads to ***self-hatred***. Here's how to counter this:

1. Intentionally look for the "gray": what was a success? What went well?
2. Learn to question thoughts that trigger emotional and physical warning signals.
Are they based on facts or assumptions?
3. Have compassion on yourself. You are human.
4. Work on finding the deeper reason why you struggle with this.
5. Talk to a therapist to gain perspective & get professional advice.

Things to tell yourself when feeling discouraged or depressed:

1. This is tough, but so am I.
2. I haven't figured this out YET.
3. This challenge is here to teach me.
4. All I need to do right now is take one step forward and breathe.
5. I cannot control events, people, or circumstances, but I can control how I respond.