

GETTING ACTIVE TO TREAT DEPRESSION

Objective:

To encourage daily activity to counteract depression and its side effects.

Depression often includes withdrawing from people and everyday activities, which causes an increased sense of loneliness and isolation. You may not even realize what you're doing – or not doing – but once you become aware of it, you can turn things around. Even though the idea of getting out and doing anything at all might sound like too much, consider the opposite. Taking no action is no help, so it's worth a try, even if you have to force yourself, and even if it's just doing something as simple as taking a walk or waving hello to a neighbor.

To keep yourself motivated, keep a log of your daily activities and rate each from 1-5, with 5 being most enjoyable. Give it a week, and then gradually and consistently start to add more activities, still keeping track of the results in your log. You may not want to, but push yourself to do it anyway. Eventually, you will see and feel the results.

Date	Activity	Rating