

COPING WITH DEPRESSION



Collective Coping Strategies discussed by women living with depression.
Women's Health Services Mental Health Community Outreach Program

- ☺ **Friends** – supportive friends.
- ☺ **Gardening** – or any activity to escape, and something you enjoy.
- ☺ **Kids** – contact and communication with kids, getting cuddles.
- ☺ **Having faith and hope.**
- ☺ **Pets** – to play with, take for walks, have cuddles, unconditional love.
- ☺ **Don't dwell on the negative.**
- ☺ **Have a shower, put on make up** – feel good about yourself.
- ☺ **Solitude.**
- ☺ **Help from professionals.**
- ☺ **Herbal remedies.**
- ☺ **Fantasizing a good outcome.**
- ☺ **Retail Therapy**
- ☺ **Splash face** – and other grounding activities.
- ☺ **Exercise.**
- ☺ **Get help** with gardening, house, practical help – it's OK to do so!!
- ☺ **Cognitive Behavioural Techniques.**
- ☺ **Support Groups.**
- ☺ **Giving to others** – make or buy something for friends, family, kids.
- ☺ **Meditation and relaxation.**
- ☺ **Medication.**
- ☺ **Contacts List** – numbers for anytime of the night or day e.g. crisis counselling at night.
- ☺ **Do something nice for yourself.**
- ☺ **Not feeling guilty.**



- ☺ **Listening to music.**
- ☺ **Sleeping** – get more tired when depressed
– need more sleep, can't cope with being awake all day.
- ☺ **Reading, watching TV.**
- ☺ **Creative outlet for feelings and experiences.** E.g. art, singing, poetry.
- ☺ **Reach out to others** when you need help and support. Let someone know you are unwell.
- ☺ **Planning for the future.**
- ☺ **Building structure into your day** – even small tasks like getting up at a certain time, having a shower, getting dressed, etc.
- ☺ **Taking baby steps** towards achieving wellness. It doesn't matter how small as long as they are in the right direction!
- ☺ **Do something in public** – go out to the movies, shops or to a group.
- ☺ **Let go of outdated expectations** – of yourself, of family, of friends.
- ☺ **"You will get well"** – from past experience, you have become well. Tell yourself this as a way of getting through the bad times.
- ☺ **Accept limitations** – focus on what you can do.
- ☺ **Try to be aware of the cause(s) of your depression** - rather than just focusing on symptoms, be your own expert and research for yourself.
- ☺ **Work on acceptance of illness** – as other people do with an illness like diabetes.
- ☺ **Healthy body, healthy mind** – overall health is important.
- ☺ **Nutrition** – eating healthy.
- ☺ **Don't compare yourself with others.**
- ☺ **Make the most of good times**
- ☺ **Sitting somewhere peaceful and safe.**
- ☺ **Keeping active.**
- ☺ **Journal writing.**

