

6 Depression Resistant Habits

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1) Exercise on a Routine Basis

- Does not have to be strenuous but routine activity.

2) Thinking in Shades of Grey

- Challenge yourself to find the *middle of the road* on issues.

3) Feared Fantasy

- Imagine the worst in a situation and confront it logically and clearly. You will realize that your fear is based on attitude and how you view the fearful situation.

4) Test Your Belief

- Determine the *cost and benefit* ratio for your beliefs and fears and rate them on a scale from 1 to 10 (1 – no fear; 10- most fearful ever).

5) Think outside yourself

- Would you say what you're thinking about yourself to someone else?
If not, take an easier approach to yourself. Think about less critical statements that offer more realistic descriptions.

6) No news before bed

- Most news stations focus on negativity of the day. Why end your day on a sour note? Watch something funny before bedtime. Studies have shown that this increases positive mood and outlook the following day.