

Coping with Depression

Collective Coping Strategies discussed by women living with depression.

Women's Health Services Mental Health Community Outreach Program

Having faith and hope.

Fantatising a good outcome.

Get help with gardening, house, practical help – it's OK to do so!!

Gardening – or any activity to escape, and something you enjoy.

Kids – contact and communication with kids, getting cuddles.

Giving to others – make or buy something for friends, family, kids.

Don't dwell on the negative.

Solitude.

Help from professionals.

Herbal remedies.

Have a shower, put on make up – feel good about yourself.

Retail Therapy

Splash face – and other grounding activities.

Not feeling guilty.

Pets – to play with, take for walks, have cuddles, unconditional love.

Medication.

Do something nice for yourself.

Contacts List – numbers for anytime of the night or day e.g. crisis counselling at night.

Friends – supportive friends.

Exercise.

Cognitive Behavioural Techniques.

Support Groups.

Listening to music.

Meditation and relaxation.

Sleeping – get more tired when depressed - need more sleep, can't cope with being awake all day.

Sitting somewhere peaceful and safe.

Reading, watching TV.

Planning for the future.

Nutrition – eating healthy.

Building structure into your day – even small tasks like getting up at a certain time, having a shower, getting dressed, etc.

Journal writing.

Creative outlet for feelings and experiences. E.g. art, singing, poetry.

Keeping active.

Reach out to others when you need help and support. Let someone know you are unwell.

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.

"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.

Don't compare yourself with others.

Let go of outdated expectations – of yourself, of family, of friends.

Make the most of good times. 😊