

## **CHECKLIST FOR DEPRESSION RECOVERY**

1. **Antidepressant Medication.** Although many people obtain antidepressants from their internist or family physician, optimal results are more likely to be obtained when the medication is prescribed and managed by a psychiatrist.
2. **Psychotherapy.** The patient should consider talk therapy with a qualified therapist once per week, or as recommended by the therapist.
3. **Support Groups.** Most cities have a number of depression support groups. Some of these groups are free and some provide for payment on a sliding scale.
4. **Exercise.** It is often very difficult for a depressed person to get out of bed, much less exercise. However, even short walks will do wonders to improve one's mood.
5. **Gratitude List.** A number of studies have shown that gratitude for one's blessings (regardless of how grim circumstances may appear) ameliorates depression. It is suggested that a gratitude list be done once a day - preferably in the evening before retiring.
6. **Prayer.** Oftentimes during acute depression we literally feel too sick to pray. Nevertheless, "help" is a complete and adequate prayer.
7. **Receive Love from Family and Friends.** We often feel unlovable when we are depressed. However, the unconditional love and companionship of our family and friends is one of the best antidotes to depression. Let them love you.
8. **Help Others.** It is very difficult to reach out to others when you barely have energy to take care of yourself. Nonetheless, the simple act of calling another depressed person is a mood enhancer. Additionally, their problems will usually put yours into perspective.
9. **Read.** Depressed people can benefit from reading positive literature, humor, scripture, etc. If the patient is too depressed to concentrate on reading, it is helpful for a friend or relative to read aloud to him or her.
10. **Additional Tips for Persons in Addiction Recovery Programs.** Increase meeting attendance, rework the steps, increase service work and contacts with sponsor.

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