

Fifty Ways that Have Helped Me Cope with Depression

by Liz Livingston

1. Pray (All the time: pour out all your troubles after you give thanks)
2. Fast monthly
3. Study the scriptures, especially the Book of Mormon
4. Set goals, but only work on one goal at a time (Dream big; plan in small and simple steps)
5. Exercise your body up to 6 days a week
6. Exercise faith: Believe that God has good things planned for YOU, that YOU matter to Him, that He can heal you.
7. Drink plenty of water
8. Go to bed early, get up early, and keep working on sleep
9. Get up, exercise, shower, get ready so that you look nice and ready for the day
10. Eat whole foods as close to their natural state as possible. Consider giving up dairy, reducing meat intake, and limiting all processed foods and sugars. Live the Word of Wisdom
11. Take vitamins
12. Ask for priesthood blessings
13. Work on healing and growing emotionally, including forgiving others and yourself
14. Plan for fun—and make it happen
15. Laugh instead of crying
16. Talk it out (with someone who loves you enough to listen)
17. Journal, especially recording God's hand in your life
18. Express gratitude all the time and especially for trials
19. Watch your thoughts, then change them
20. Practice patience with yourself: things have a way of working out
21. Identify fears and face them one at a time
22. Breathe deeply
23. Save money (make a budget)
24. Serve others (regularly)
25. Repent: everyone needs to repent of something
26. Smile
27. Develop a hobby
28. Keep learning (read good books or take a class)
29. Believe you are strong and have the power to change, because you do!
30. Slow down, reducing the number of things you are trying to accomplish that day. Focus on one thing at a time.
31. Take a day to do just what sounds great to you (that is wise and good for you)
32. Listen to general conference talks
33. Listen to the Mormon Channel
34. Get outside! Get sunshine! Garden, walk, whatever
35. Do family history
36. Read your patriarchal blessing
37. Give hugs and receive them
38. Show more affection to your spouse and family members
39. Throw a party for a child
40. Do housework
41. Listen to beautiful music (and/or make it)
42. Take an Epsom salt bath at night before sleeping
43. Go to the doctor and follow their counsel as prescribed
44. Go to a psychologist that you feel good about and try to do what they suggest
45. Read *Feeling Good* by David Burns, MD
46. Tell your spouse what you are excited about that day in the morning after you wake up
47. Plan in the morning on how you will make it a great day
48. Believe that you are responsible for your happiness (because you are)
49. Before getting out of bed in the morning, thank Heavenly Father for your blessings that day
50. Dance in the kitchen (while singing out loud)