



# 16 Strategies to Fight Depression\*

The Lord is near to the brokenhearted and saves those who are crushed in spirit.

Psalm 34:18

Fill your mind with God's word and Song. This is a practical way of taking thoughts captive.



Tell God how you feel because He already knows. Just talk to Him - no need to be formal just tell Him how you feel.

Validate your feelings - but don't camp out in them. Give yourself grace; there are valid reasons for struggling with emotions.



Develop a habit of deep breathing at scheduled times during the day. Deep breathe - hold it - exhale slowly.

Get enough sleep. Sleep ensures that the brain is functioning properly and helps with emotional regulation.



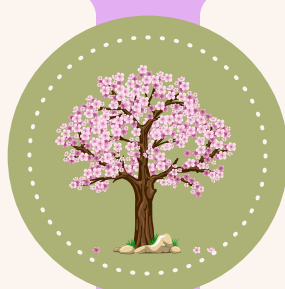
Move. Walk. This can be bilaterally stimulating and increases endorphins, the "happy hormone".

Get out of the house and around people. The interaction with other people will help fight isolation.



Change up your schedule. Change may stimulate motivation to become more active.

Have "Green time" in the garden or park. Sunlight helps to influence the release of "mood hormones."



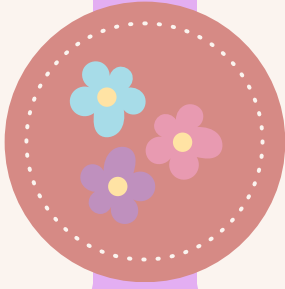
Do a home spa night. Pamper yourself - you are important, and so is your care. Be good and prioritize yourself.

Change your surroundings - buy a new bedspread, move furniture around, hang a new picture.



Different sensory activities - try scented lotions, new music, a massage - using all of the senses.

Do one thing you love every day. This helps bring joy into your day and helps you to relax.



Speak aloud who you are in Christ. There is power in the spoken word & hearing it increases the chance of entering into memory.

Take every thought captive. The enemy wants you confused, depressed, and hopeless - remember that's not God's plan.



Serve others. This helps divert and redirect your attention from your own issues.

**\*Serious depression may require a physician and pharmaceutical intervention.**

