

Up, Up and Away

Have you been fighting the blues? Maybe you don't enjoy your work anymore, and you've lost interest in things that used to be appealing to you. Many of us feel low at times. Fortunately, there are several hints that can help lift your spirits.

Journal It

Thinking through a situation can often relieve your anxiety. Why are you down? Journaling is a great way to help you find out what is really bothering you. Try writing down what makes you upset, how you feel and where you are when you become depressed. Later, go back and read what you have written. You may see an underlying factor that you were not aware of. Or perhaps you will realize that you are troubled by a situation or conflict that you thought hadn't affected you.

Try Something New

What do you do for fun in your life? Do you have any hobbies or activities that you do to get away and relax? Taking time out for you is crucial in avoiding depression.

Try learning something you've always wanted to do. Pick up a guitar at a secondhand store and learn how to play. Or teach yourself how to sew and try creating something for yourself or others.

Get Active

When you are down, a great way to boost your spirits is to go outside and get some fresh air and exercise. It doesn't have to be strenuous, but it helps if it is vigorous. Energetic exercise releases endorphins in the brain which relieve stress. Try calling a friend and asking them to go on a walk with you. If you prefer to be alone, riding a bike is an invigorating way to exercise. Make it a habit to work out several times a week. Putting these tips into practice can help you feel better in just a short while. You will feel encouraged for having dealt with your problems and taking some time out for yourself

"There's no need to feel down If your head doesn't get there first, you never will." - Ernie Larson