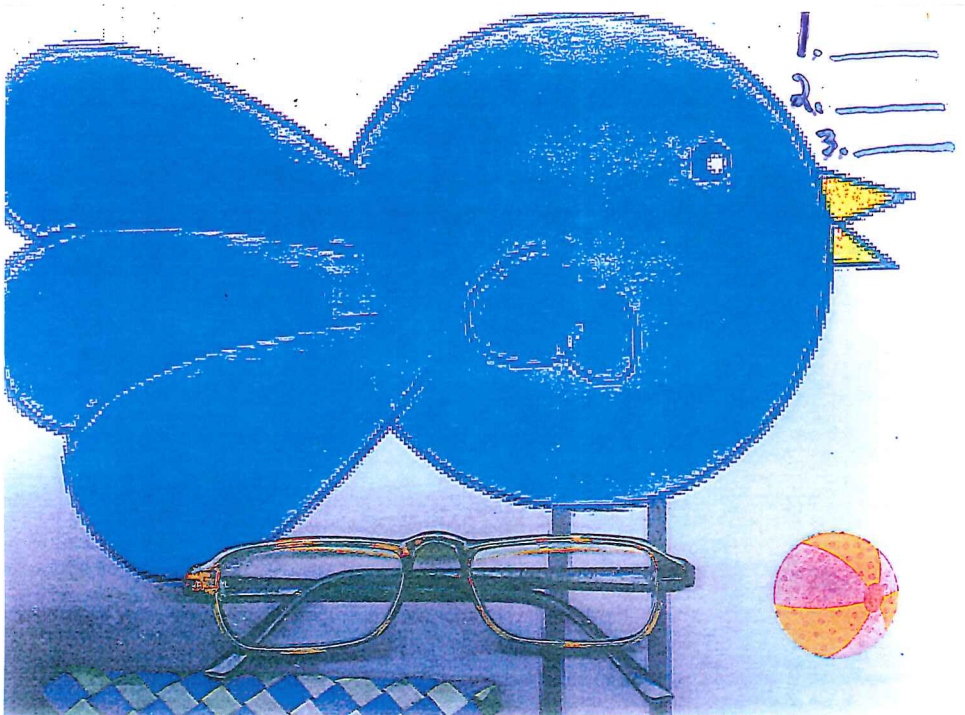


Effective ways to Address Depression, part 1

Live Better Series: “I can live a vital and meaningful life.”

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**Bluebird:** I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

**New Pair of Glasses:** to change my life, and grow in wisdom, I need to look at things differently.

**Beach ball:** I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

**Finger trap:** It is healthy for me to “accept what is as it is”. When I struggle against “what is”, I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

**1, 2, 3:** I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy “Just do it!”, make a plan, don’t procrastinate, take action. Letting go and letting be is also a way of taking positive action.

1. Sometimes, our depression keeps us from being involved in life—we pull away, isolate, and stop doing things. Sometimes, our depression is a way to avoid doing the things that really matter. Today we are learning that we can be engaged and live our lives even when we are depressed: “I can have my depression without my depression having me.” In the past, how have I withdrawn from really living my life?

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How do I feel today about how I have dealt with my depression?

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2. Ruminating, negative, pessimistic thoughts can make our depression worse. They can lead to self-blame. They can lead to feeling helpless and hopeless. Am I aware that I have these kinds of thoughts? Y\_\_\_ N\_\_\_

3. How have these negative, pessimistic thoughts affected my:

1. Mood \_\_\_\_\_
2. Self-esteem \_\_\_\_\_
3. Relationships \_\_\_\_\_
4. Career \_\_\_\_\_
5. Education \_\_\_\_\_
6. Health \_\_\_\_\_
7. Fun \_\_\_\_\_

4. In the past, we may have said to ourselves “I’ll do that when I’m not depressed.”  
Listening to depression: depression can be telling us there is something in our lives we need to listen to or deal with (things we would rather avoid).

Is your depression telling you that you need to stop avoiding and now address any of the following issues or areas of your life?

1. Loss or death of someone close to you \_\_\_\_\_
2. Have you been abused or neglected? \_\_\_\_\_
3. Something you would really like to do but have been too afraid to try—relationships, career, education, parenting, travel, fun, \_\_\_\_\_

5. Today, spend some time thinking about what’s important and how you want to really live your life today.

Today, I will use ACT to address my depression and live a more vital meaningful life.

**Accept:** today I accept \_\_\_\_\_

**Choose-Commit:** today, an important value I will focus on \_\_\_\_\_

**Take action:** an action I will do today to really live my values and live my life \_\_\_\_\_

--**A Resource or Person** I may ask assistance from to help me take the action I wish to take \_\_\_\_\_

--**Is there something** that could keep me from taking action today? \_\_\_\_\_

--**What can I do** to keep that obstacle from holding me back? \_\_\_\_\_

Recommended workbook: “The Mindfulness and Acceptance Workbook for Depression”, Kirk D. Strosahl PH.D. and Patricia J. Robinson, PH.D.