



YOU CAN!

Motivate Yourself and Prevent Depression



Sadness is normal - depression is not! Many people experience a “let down” after the holidays - the lights of the holidays have dimmed, visitors and families are busy with other activities, and the short winter days all contribute. It is hard to get motivated during these times, but important so that sadness does not lead to depression.

How can you become motivated again? Good question! Here are some suggestions:

- **Make a list of all the things you have to be thankful for.** Keep it in plain sight and add to it as you think of new things - a warm home and food to mention a couple of things.
- **Focus on what you really enjoy doing,** a hobby you've always wanted to devote more time to, or maybe something new you'd like to learn or try. What's stopping you? Think about giving it priority to start doing what you love doing.
- **Try to prepare for major changes in life,** such as retirement or moving from your home of many years.
- **Make a list** of things you'd like to improve on and how you're going to do it
- **Review all the successes you've enjoyed** in every area of your life - totally forget any negatives, just positive successes here!
- **Continue or start an exercise program** - force yourself to do it, it'll make you feel much more positive.
- **Keep up with friends and contact a positive friend** to have a chat.
- **Read inspiring books** that will help heal your mind and improve your attitude.

If these suggestions don't help and you no longer enjoy activities that you usually like, you may have a more serious problem. Being “down in the dumps” over a period of time is not a normal part of getting older, but it is a common problem and medical help may be needed. For most people, depression will get better with treatment. Ask for help!

For more information please contact:
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