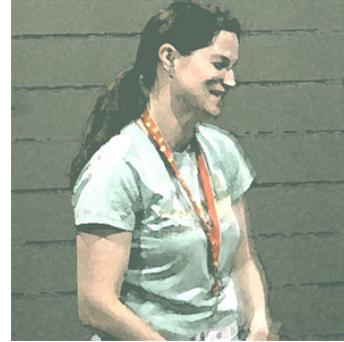


Powerful Steps to Avoid Depression...

Helpful things to do when you start to feel blue. (The Happy Checklist).

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Here are some excellent alternatives to depressing thoughts...

Exercise – go for a walk in the park, ride a bike... (Read more about the power of exercise for depression: <http://www.cure-your-depression.com/depression-and-exercise.html>)



Take your Fish Oil (Read "The Benefits of Omega 3 Fish Oil": <http://www.cure-your-depression.com/benefit-of-Omega-3-fish-oil.html>)



Sit in front of a light box. (Read: "Light Box Seasonal Disorder Therapy": <http://www.cure-your-depression.com/light-box-seasonal-disorder-therapy.html>)

Send someone an encouraging e-card – say 'thank you' for something or say 'I appreciate you'.

Read some excellent words of wisdom and encouragement: <http://www.cure-your-depression.com/bible-verse-for-depression.html>

Ask God for joy. (Read "Depression and Spirituality": <http://www.cure-your-depression.com/depression-and-spirituality.html>)

Call a friend up and invite them to do something they love. Go for a walk/talk.

Volunteer.

Love an animal. Take a dog for a walk; pet your cat, visit a pet store or humane society.

Journal your emotions. (The Emotional Jug - Are you guilty of this?: http://cure-your-depression.com/emotional_jug.html)

Rent a comedy. Laughter they say is the best medicine.



Read a good book in bed to fall asleep. (Develop a healthy before-bed ritual.)

Shut off the TV! (Cut out the garbage fed into your head.)

Listen to some soothing, happy music.

Make some Green tea. (Read: "Herbs for Depression": <http://www.cure-your-depression.com/herbsfordepression.html>)

Clean up your room. Get rid of clutter!

Compliment yourself. Learn to develop positive talk! (Read: "6 Powerful Ingredients to Cure Your Depression": <http://www.cure-your-depression.com/depression-viplist.html>)

Kiss your kids, your spouse, your mom, your grandmother! (**Show your family you love them.**)

Write down the things you ARE thankful for.

DON'T FORGET...

For further explanation or detail on these wonderful alternatives to depressing thoughts, read and re-read and *re-read* our free report, "**6 Powerful Ingredients to Cure Your Depression**": <http://www.cure-your-depression.com/depression-viplist.html>

You will be glad you did!

Need help through counselling? Visit our helpful Mental Health Resources: <http://www.cure-your-depression.com/mental-health-resources.html>

Read our complete list of articles to help you beat depression! <http://www.cure-your-depression.com>

There is hope! You are worth it!

Sincerely,



Merrí Ellen

Your Friendly-Editor

www.cure-your-depression.com

Our mission is to impact lives for a joyful society!

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