

- **Cognitive exercise:** Be aware of negative thoughts, and offer evidence for them, and then evidence against. Conclude what is your balanced view. If negative thoughts occur, say, No! That's not true. The truth is: your balanced view.
- **Drink a lot...of water.** Sludge blood or degrees of dehydration can bring confusion and a concentration of hormones and chemicals; toxins and residues of old medications or other drugs can be pulled out of cells in an attempt to bring homeostasis to the body.
- **Nutrition:** Eat a high-protein breakfast. Avoid caffeine and minimize sugar. Protein at lunch helps to maintain a level blood sugar. To help sleep, eat a high carbohydrate snack ½ hour before sleep: fruit, toast, cereal, etc. Nicotine, caffeine, alcohol and sugar are known to rapidly elevate blood sugar, followed by sharp decreases. Resulting low blood sugar is known to cause irritability and negative mood swings. Good nutrition is imperative to stabilize sugar, etc. Consider purchasing a juicer and treating yourself to instant energy and nutrition. Omega 3 in fish oil helps balance brain chemistry.
- **Bedtime routine:** Light candles, soft lamps or specialty lights and make yourself some sleepy-time or chamomile tea. Read in an uplifting book after a warm bath. Journaling may also help to unload your mental and emotional burdens, giving them a voice that you acknowledge and honor. Try to balance what is half empty with what is half full in writing. Music can facilitate tears, which are cleansing and a natural part of being human.
- **Seek counseling for support when needed:** One hour a week is a small amount of time to invest in yourself. Building history and trust with another individual in a professional setting can be very helpful. Sometimes we don't feel comfortable sharing everything with family and friends, because of confidentiality and the fear of burdening those we love. Counselors often have specialty training to work with painful, difficult issues; they can be a support, a coach, a listener, a teacher and a model. Making goals may be useful to track progress. Ask for what you're seeking, in counseling. **Group counseling** also offers support and networking. Ask for referrals to appropriate groups: General Issues-Anxiety & Depression, Divorce Adjustment/Relationships, Life Transition Groups, Grief/Loss Support Groups, Hostile Work Environments/Harassment, Sexual Abuse Recovery, etc.

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 These methods have produced outstanding success. Most people can overcome their depression. We don't have to face this life alone. Interdependence is a healthy goal.

Pamela Cohen, MSW (503) 997-7598 / No charge initial consultation

Weekly group fee: \$25

Individual/Couples: \$60 per hour session