

10 STEPS TO A HAPPIER YOU

STEP 1.

Talk things through to yourself or with a person you trust.
Consider writing things down to help get perspective.

STEP 2.

Eat healthily and avoid/reduce alcohol-it makes depression worse.
Breakfast is especially important.

STEP 3:

Exercise- set yourself a daily goal. Make it achievable- exercise improves mood.

STEP 4.

Count your blessings-consider writing them down and remind yourself of them every day.

STEP 5.

Please yourself- make a list of simple things that bring you pleasure and schedule them into your every day.

STEP 6.

Ask for help and try to remain hopeful.

STEP 7.

Monitor your thoughts for negativity and *distract* yourself, if this becomes overwhelming, with activities that are helpful and enjoyable.

STEP 8.

Help others- small gestures, or even bigger ones, have a positive effect on our mood and self esteem-gives us purpose.

STEP 9.

Reflect and **record** good things that have made you happy on a daily basis.

Writing them down enables you to remember and re-live the positive feelings.

STEP 10.

Keep practising the above until these new behaviours become the new normal for you.

For more information see <http://www.lltff.com/>