

**Top 10 Tips to Beat Depression**  
By  
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**1. Exercise.**

Just taking a short walk on a break or lunch hour is helpful. Exercise creates endorphins, which stimulate happiness. It's also good for your general health.

**2. Express your emotions.**

Holding negative emotions in can cause you to behave in ways that can be destructive to yourself and your co-workers. Allow yourself a few minutes to feel the pain, and then determine the most appropriate way to deal with it. Talking with a trusted co-worker may help.

**3. Write.**

A daily journal is a positive and creative way to release painful feelings. Many great books, songs and poems have come from the depths of depression. Begin by just writing about how you feel at the moment and see where it goes from there.

**4. Light.**

Using a full spectrum lamp for 15 minutes a day can heal SAD (Seasonal Effectiveness Disorder), a type of depression that occurs when we don't get enough sunlight. Even in the summer, fog and dampness can darken your mood. The cold and short days of winter can be especially depressing for those with SAD.

**5. Air.**

Keep windows open, the fresh air is uplifting and makes the brain and heart function better. Fresh air is also better for the immune system than air conditioning.

**6. Diet.**

A balanced diet will help control your brain chemistry and make it easier for you to choose behaviors that will help you pull yourself out of the doldrums.

**7. Vitamins.**

A recent article in "Psychology Today" reported that, "Fish oil (omega-3 fatty acids) may be as effective as drugs in alleviating depression." Physicians have long recognized that people who take their vitamins usually feel better.

**8. Therapy.**

Talking about your pain to someone who can help you reframe and heal is a tried and true method for curing depression. Make sure that the therapist you choose has been trained in depression treatments and, if you take medication, works with your M.D.

**9. Work.**

Being successful in one area of your life often leads to feeling successful in other areas. Don't sit around and mope, do the best job possible. The pay off will be much larger than a check.

**10. Trust.**

For most people depression is a temporary situation. Although when you are deep within it, it's hard to see your way out, know that it will end. It can be helpful to note that there may be a life lesson to be learned in the process and that coming through a difficult emotional time can make you a much better person.