

## **10 Top Tips to Reduce Chronic Unhappiness & Depression**

- 1. Reconnect with nature:** Get out into the countryside each week for a walk or hobby.
- 2. Learn about CBT or Mindfulness (MBCT):** Implement what you have learned, don't just read the book or do the online programme.  
*Recommended Reading: Think About Your Thinking: To Stop Depression by Dr Nicola L. Ridgeway, The Little Book of Mindfulness: by Dr Patrizia Collard, The Mindful Way Through Depression: (includes Guided Meditation Practices CD) by Mark Williams, Overcoming Depression : by Paul Gilbert.*
- 3. Do cardiovascular exercise 3 x week:** Find a sport, or gym classes you enjoy and go with a friend to motivate each other.
- 4. Learn a relaxation technique such as Qi Gong, Meditation, Self/CD Hypnosis or Hatha Yoga:** Implement it daily, but don't 'beat yourself up' if you miss a day or 2.
- 5. Incorporate 10 minutes of movement exercises and stretching into your day:** Learn how to stretch your tight muscles & where you hold your 'stress tension'.
- 6. Cut down on alcohol and avoid recreational drugs:** Have a few nights off a week and avoid 'binge drinking'.
- 7. Cut down on red meat & processed/junk food:** Eat more fruit, vegetables & carbohydrates.
- 8. Take a high quality multivitamin & an Omega 3 supplement:** Select one with high levels of B-vitamins (esp. B12), vitamin D & magnesium. Also take Omega 3 fish oil or flax seed oil.
- 9. Treat yourself & others with loving compassion:** Try to be non-judgemental and learn to forgive others, where possible.
- 10. Practice 3 gifts:** Think of 3 things you have achieved each day; mentally congratulate yourself on these achievements.