



Depression: The Road to Recovery

The catch-22 of 'depression recovery' is that the things that help the most are also the things that are most difficult to do. Recovery requires action, but taking action when you are depressed is hard.

Often just thinking about the things that you should do to feel better, like taking a walk or spending time with friends is exhausting. Depression drains your energy, and motivation, making it difficult to do what you need to feel better.

Overcoming depression isn't quick or easy, but it's far from impossible even though it can't be beaten through willpower alone. The key is to start small. Feeling better takes time, but you can get there if you make positive choices for yourself each day.

A person needs to find new ways to manage, and live with, the changes and challenges of having depression.

- Start with a few small goals and stay focussed on building slowly, taking one day at a time.
- Draw upon whatever resources you have. You may not have much energy, but you probably have enough to take a short walk around the block or pick up the phone to call a loved one.
- Remember to reward yourself for each goal achieved - the steps may seem small, but they'll quickly add up. For all the energy you put into your recovery, you'll get back much more in return.

Contact a Converge International consultant for strategies and support on your journey to a brighter you.