

# **EMOTIONAL WELLNESS: DEPRESSION**

## **Identify Triggers**

- Keep a diary to identify triggers or thoughts that worsen your mood. Record times when depression is worse. For instance, depression can worsen when medications wear “off.”

**Some triggers I've identified are:** \_\_\_\_\_

\_\_\_\_\_

## **Address Depression**

- Talk with your doctor about treatment. This can include medicine (such as antidepressants), counseling, cognitive behavioral therapy or relaxation techniques.
- Obtain a general medical examination. Some medications, thyroid disease, heart disease and illness can cause or worsen depression.
- Explore light therapy if you suffer from seasonal/winter depression.
- If you are currently taking antidepressants, closely monitor with your doctor. Some studies have found that antidepressants may exacerbate other Parkinson's symptoms.

## **Add Positive Energy**

- Spend five minutes a day thinking about or visualizing life's pleasures or what you are grateful for, such as family, grandchildren, pets.
- Spend time to reflect on the beauty of the natural world around you.
- Volunteer. It can be uplifting and rewarding.
- Laugh with others. Watch comedies. Children and pets bring a smile.
- Dance, paint, sing, share memories with others around you.

## **Change Your Habits**

- Eat a well-balanced diet. Consult the “Nutrition Self-Assessment” in this section for more ideas of how to improve your diet.
- Take medications as prescribed.
- Tend to sleep habits. Consult both the “Fatigue Worksheet” and the “Insomnia and Sleep Worksheet” in this section for tips to improve your sleep hygiene.

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## **WORKSHEETS AND RESOURCES**

## **Be Connected**

- Attend classes, support groups, call a friend, join a positive chat group or a buddy program.
- Attend to your spiritual needs.