

OVERCOMING DEPRESSION with LIVEWELL Therapeutic Lifestyle Changes

This confidential, clinically proven class uses the support and accountability of the members to help each person add common-sense, healthy habits one at a time over 8 weeks to produce lasting change. KEY is the video, discussion, brainstorming, and support shared each week.

Orientation: Sharp increase the past few decades in major depression (more than sadness, grieving, or feeling "blue"). Our bodies and ancient lifestyles incorporated these six healthy habits. How modern living has interfered leaving us vulnerable to depression.

1. Nutrition: Add proven supplements: multivitamin, Omega 3 Fish oil w/ proper amounts of EPA & DHA. Reduce sugar and/or artificial sweetener intake in small steps the best you can, especially from Aspartame which most diet sodas contain. It directly causes brain inflammation and depression.

2. Don't think.....DO! Notice any ruminating, especially negative thoughts, and learn to replace with positive thoughts or better yet with actions. Give yourself credit for even small tasks. DO at least one pleasurable activity/day: hobbies, games. Too much TV is a depressant.

3. Exercise (four letter word!). Instead find something YOU Enjoy! Even "brisk walking" is aerobic; even better with a friend! Gradually increase to at least 30 minutes 3x/week.

4. Bright Light Exposure 30 min/day: Outside near middle of day for only 20-30 minutes works. OR: Fluorescent White, broad-spectrum light bulb w/ 10,000 Lux of brightness (~\$100.+) OR: Vitamin D (2000 IU/day) will substitute.

5. Social Connection: Face to face best: listen and share; ask for support. Start at least twice/week, but build to daily. Doing a good deed keeps more focus on others and less on yourself which reduces rumination.

6. Enhanced Sleep: Discussion on how to carve out enough quality sleep for yourself. Goal is 8 hours/night, with emphasis of resetting circadian rhythms to prevent numerous health problems. Ten healthy sleep habits.

Sessions 8 & 9: Fine-tune individual habits that have been difficult to add/maintain: especially anti-rumination strategies and social connections.

The facilitator contacts each class member between sessions to offer encouragement and accountability to follow through with their daily homework.