



## Brighter Outlook Newsletter

Monthly help from DepressionRecoveryGroups.com

December 2010



### Give Yourself a Present!

**If you are not in good shape emotionally, how can you possibly expect to have a great holiday experience?**

The holidays can be such a mixture of experiences and feelings for so many people. We are primed for fun, family, gifts, religious meaning and the dawn of a new year. And yet to get to these we often have to endure high levels of stress, dealing with unhappy memories and worries about what lies ahead.

Here's how you can not just survive but actually thrive during this holiday season - take care of yourself first. Now you say, this is not what this season is about, it is about giving, and entertaining and doing all of the things that everyone else does.

The question is how can you do all of these things if you are not up to it? If you are not in good shape emotionally, how can you possibly expect to have a great holiday experience?

**It's a little like the instructions the flight attendant gives you when you are on an airplane. "If the oxygen masks drop down from the ceiling, put your own mask on first, before you try to assist someone else." You must make self care a priority so you can join in on all of the fun.**

So what should we do so we can enjoy this time and prepare ourselves for all of the exciting possibilities that the new year can bring? Here's a self-care gift list that will help you to do well:

- **Take care of the fundamentals - get enough rest, keep up your exercise routine and don't overindulge food or drink.** This will help you to work from a strong and healthy base.
- **Take time off from work or reduce your regular commitments.** There are more things to do during this time of year and only 24 hours in a day. Free up time to focus on this special time and activities.
- **If memories of unhappy times or people are triggered by this season, try to shift your thinking to anything positive that you can remember.** If you can't bring anything positive to mind, see if you can think about what you learned from those difficult experiences. Often, writing these thoughts down can help.

### In This Issue

[Give Yourself a Present!](#)

[Recommended Resource: Winter Blues](#)

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### A Participant's Comments

*Before I entered into this program, I felt like I had no where to turn, no one to talk to, no one for support, lost in a world of ALONE. I am thankful that I pushed the correct buttons today and you all have opened up a door that has been denied to me for so long.*

### Quick Links

[Register for a Meeting](#)

[Depression Recovery Groups](#)

### These Small Candles

*In moments of discouragement, defeat, or even despair, there are always certain things to cling to. Little things usually: remembered laughter, the face of a sleeping child, a tree in the wind - in fact, any reminder of something*

- **Spend time with others who understand and support you.**  
Avoid toxic personalities or make your contact with them brief. Sometimes we may want to go to an event that includes individuals that we prefer to avoid - make plans ahead to visit with those we can about and perhaps cut short your visit to steer clear of any entanglements.
- **Prepare for the new year by spending some time thinking about what brings you the most joy and what you would do in your work and in your life if you knew you couldn't fail.** Write three to five goals for the new year that you will work toward. Give yourself a reasonable amount of time to accomplish your goals - remember that gym attendance is the highest in January and then it drops off substantially as unrealistic expectations meet the reality of the longer term.
- **Try out one of our online [depression recovery group meetings](#).** They are easy to join and you will find both encouragement and the opportunity to encourage others - a sure way to improve your outlook!



## Recommended Resource

**Winter Blues**, by Norman E. Rosenthal, M.D.



This is a very helpful book about the winter blues or Seasonal Affective Disorder. SAD, as it is commonly referred to, is the depression, low mood or reduced energy many people experience when the seasons change – especially as the days get shorter. The author is a noted depression researcher who has personally experienced SAD. He gives an up to date review about what is known about SAD and importantly how to treat it.

Notable in this well-written and accessible book is a whole chapter on the use of light therapy for treating SAD. If you are experiencing this problem this highly rated book is for you.



## Video: Using Light Therapy to Deal with S.A.D.



[Play Video](#)

Bright light therapy can help lift your depression. This video describes how you can use it to help yourself feel better soon. It features Dr. Vince Caimano, founder of Depression Recovery Groups, who has worked with hundreds of people suffering with depression, bipolar disorder and anxiety.

*deeply felt or dearly loved.*

*No man is so poor as not to have many of these small candles. When they are lighted, darkness goes away - and a touch of wonder remains.*

Tombstone inscription in Britain

## In Next Month's Issue

***Sleep Like a Baby:***  
Practical advice on how you can improve your sleep.

***Expanded Schedule:***  
More groups, new topics, new group leaders.

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