



Brighter Outlook Newsletter

Monthly help from DepressionRecoveryGroups.com

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Thinking Outside the Depression Box

Sometimes, when we've had a great difficulty with depression, when we've had multiple bouts of prolonged depression or difficult to treat depression, we can become defined by our depression – we get caught in the “depression box”.

Once in the box we might tend to describe ourselves in terms of our symptoms and focus too much energy on trying to get out. When this happens it can be much more helpful to stop trying to break out of the box, step back, and reevaluate our situation.

This can be an exciting and challenging journey. It is an opportunity for self examination that can be very fruitful. It begins with a commitment to learn about ourselves and how depression has affected our way of thinking. The goal is to see ourselves in a broad context where things aren't necessarily all good or all bad but just part of our lives. From this more neutral viewpoint we can more effectively work toward meaningful life goals.

In my experience getting outside the depression box is something that takes some time and effort, so helpful tools are desirable. One of those is learning mindfulness skills. Mindfulness helps us to more precisely understand how we are feeling, both psychologically and physically. It also helps us to examine our thinking which affects how we interpret our experience, and effects the emotions that we have.

A good resource for learning mindfulness is the book *The Mindful Way through Depression* by Williams, Teasdale, Segal and Kabat-Zinn. It is an excellent book that comes with a CD to help you learn how to practice and gradually acquire some skills and perhaps a new viewpoint. We use some of these ideas and skills in our Depression Recovery Groups - online meetings that can help you to accelerate your recovery from depression. Get started working on yourself - try a meeting out today!



Recommended Resource

In This Issue

[Thinking Outside the Depression Box](#)

[Recommended Resource: The Mindful Way through Depression](#)

[Video: Getting out of the Depression Box](#)

A Participant's Comments

"I am not sure why I am having the best days I have had in the last three months. I do know that I have been using this website and these meetings and they are contributing. Tonight's meeting was especially beneficial, in that several things were discussed and ideas suggested."

What Participants Say About Our Meetings

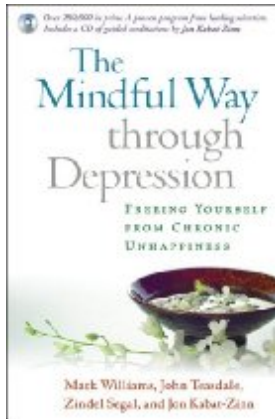
96% of participants would recommend our meetings to others.

92% of participants believe our meetings are helpful.

80% of participants learned new ways to deal with problems.

The Mindful Way through Depression

by Williams, Teasdale, Segal and Kabat-Zinn



The author presents one of the best approaches for helping those who have had three or more bouts of depression to reduce their tendency to relapse.

[Read More](#)



Video: Getting out of the Depression Box



Learn how stepping back from your depression can help you learn about yourself in a broad context. Come to appreciate the good and bad in your life and work toward having meaningful life goals. [Play Video](#)

with problems.

97% of participants say their group leader was warm, supportive, and concerned.

Quick Links

[Register for a Meeting](#)
[Depression Recovery Groups](#)

Whether you think you can or think you can't, you're right.

Henry Ford

Follow Us!

