



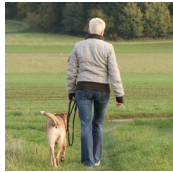
Brighter Outlook Newsletter

Monthly help from DepressionRecoveryGroups.com

March 10,
2011

Important Notice

When we launched our "pay what you can" model it was our hope that this flexibility would help to spread the cost of our group meetings across a wide number of people. Unfortunately as we monitor the situation today the vast majority of our meeting attendees are paying nothing at all. We will be taking a final look at our numbers in the next ten days and want to communicate to you that we may have to change our payment delivery model.



Exercise

[Its Many Benefits, How to Get Started and How to Stay Motivated](#)

Many of us know that exercise is really an important treatment option but not many of us might know how powerful it can actually be. A study in the January 2005 issue of the Journal of Preventive Medicine compared two groups of depressed patients - one getting 80 minutes of exercise a week and one getting three hours. The study found that the group that performed only 80 minutes of exercise a week received little to no mental-health benefit. But the three hour-a-week group had a substantial reduction in symptoms. The study concluded "the response and remission rates in the (three-hours-per-week) group are comparable to other depression treatments, such as medication or cognitive behavioral therapy."

But what are we to do? When we are depressed it can be hard to just get out of bed! How can we possibly exercise for hours each week?

A woman in one of our groups once said "Yard by yard is hard, but inch by inch is a cinch". This is a very important principle when it comes to exercise. We need to start out gradually or in other words we need to make it easy. Whatever our eventual goal is, we need to get there in small steps.

We might also need to adjust that picture in our heads when we think of "exercise." If the picture is one of lifting huge weights for hours on end or running a marathon then we obviously need to change it to something more appropriate. When we are depressed or haven't exercised in a while significant exercise can be just taking a short walk. Getting a check-up and a recommendation from your physician is a particularly good way to begin.

In This Issue

[Exercise](#)

[Recommended Resource:
The Depression Workbook](#)

[Video: Behavioral
Activation](#)

A Participant's Comments

This group may have literally been a life saver for me. The power of a safe place to talk was exactly what I needed to help me hang on and pull me through a very dark place.

Quick Links

[Register for a Meeting](#)

[Depression Recovery
Groups](#)

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan, 'Press on,' has solved and

Once we get started how can we keep going? This is where the way we "picture" exercise is so important again. If our chosen exercise is fun and compelling you will want to do it over and over again. This could be walking in a favorite place while you listen to inspiring music or it could be joining a class where an instructor will guide you and you will have the added benefit of being with others.

Remember too that when you are starting out it is likely that you will miss a planned exercise time. This is normal and doesn't mean that you have failed. The most important thing to remember is to keep to your plan as best you can and to be kind to yourself if you aren't perfect.

I hope you will start doing something fun soon and that it resembles some exercise!



Recommended Resource

The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition

By Mary Ellen Copeland and Matthew McKay



This very popular workbook was written by Mary Ellen Copeland, the creator of the very helpful Wellness Recovery Action Plan (WRAP) process. In the workbook she helps you to understand depression and how to take charge of getting and staying well. This book is chock full of helpful ideas and it will take you through a process for creating your own WRAP. It is one of the most generally helpful books you can use to help you to do better.

[Read More](#)



Video: Behaviorial Activation



When we are depressed we usually wait to become motivated to do something – this can take a long time. Learn how just doing something, anything, no matter how small, will help you gain energy to do a bit more.

[Play Video](#)

always will solve the problems of the human race.

Calvin Coolidge

In Next Month's Issue

The Most Effective Types of Therapy for Depression

Follow Us!

