

# Helps for Depression & Anxiety

*Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. Philippians 4:4-9 ESV*

## **Depression**

- Talk to a counselor
- Change negative beliefs and thought patterns
- Address past hurts, abuse, betrayal, abandonment
- Reach out and stay connected to others for support
- Do things you enjoy and things you are good at
- Do moderate exercise daily
- Eat a depression-fighting diet (vitamins B, D, and Omega 3)
- Go to bed earlier, get up earlier, and get into sunlight
- Do something helpful for others
- Meditate on things that are uplifting
- Stop consuming alcohol and smoking weed
- Consider anti-depressant medication – it is NOT addictive
- Pray for encouragement often and as needed
- Listen to uplifting music

## **Anxiety**

- Talk to a counselor
- Change anxious beliefs and thought patterns
- Do trauma-based counseling if needed
- Practice stress-reduction techniques often and as needed
- Do moderate exercise daily
- Turn off tech devices at night and get 8-9 hours sleep
- Learn your anxiety triggers and alleviate them
- Eat a well- balanced diet with less sugar
- Meditate on things that are calming
- Reduce the stimulation in your life that annoys you
- Stop smoking and consuming caffeinated drinks
- Consider anti-anxiety medication – beware of addictive medication
- Pray for peace several times a day and as needed
- Listen to calming music

*Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27 ESV*