

## Lowering the Intensity of Depression

Tools to lower the intensity of a state requires thinking about them in advance. Which tools work for you? What part of your state do they affect? Creating a short list of the tools you use that work - and some you want to try is a good start. Remember to think about using an integrated approach addressing the whole person. Are you using physical, mental, social, spiritual or ingestible tools?

These don't all work for all people in all states. They are here to get you started thinking of the options.

### **Physical:**

1. walk outdoors
2. massage
3. dancing

### **Mental:**

1. play a challenging mind game
2. Focus on observing an object in detail, as if to paint it or describe it to someone
3. Read something funny or interesting

### **Social:**

1. take a class
2. visit friends
3. help someone else

### **Spiritual**

1. meditate
2. chants or songs
3. read inspirational stories

### **Ingestible:**

1. energy drink
2. avoid sugar
3. caffeine