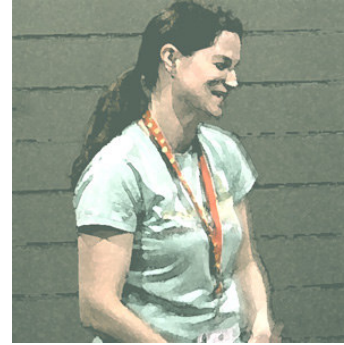


# "19 Powerful Drug-Free Ways to Say 'No' to Depression..."

## Helpful things to do when you start to feel blue. (The Happy Checklist).

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Four years ago, I was suicidal. I was so depressed I could not speak for days. My friends tried to ask me questions but I was so run down, I could not form any words. I was burnt out. I wanted to curl up and die.

Today, I cannot believe how my life has turned!

Now, a friend going through depression and suffering from suicidal thoughts asked me just the other night, "What helped you get through your depression?" I compiled a checklist for her of things that helped me and others who've contributed to our website. It's called our 'Happy Checklist'. Enjoy!

### ***Here are some excellent alternatives to depressing thoughts... Give them a try. What have you got to lose?***

**Exercise** – go for a walk in the park, ride a bike... (Read more about the power of exercise for depression: <http://www.cure-your-depression.com/depression-and-exercise.html> )



**Take your Fish Oil** (Read "The Benefits of Omega 3 Fish Oil": <http://www.cure-your-depression.com/benefit-of-Omega-3-fish-oil.html>)



**Sit in front of a light box.** (Read: "Light Box Seasonal Disorder Therapy": <http://www.cure-your-depression.com/light-box-seasonal-disorder-therapy.html>)

**Send someone an encouraging e-card** – say 'thank you' for something or say 'I appreciate you'.

**Read some excellent words of wisdom and encouragement:** <http://www.cure-your-depression.com/bible-verse-for-depression.html>

**Ask God for joy.** (Read "Depression and Spirituality": <http://www.cure-your-depression.com/depression-and-spirituality.html> )

**Call a friend up** and invite them to do something they love. Go for a walk/talk.



**Volunteer.** A 101 year old Great Grandmother once said, "*Volunteering gets your mind off your own worries.*"

**Love an animal.** Take a dog for a walk; pet your cat, visit a pet store or humane society.

**Journal your emotions.** (The Emotional Jug - Are you guilty of this?: [http://cure-your-depression.com/emotional\\_jug.html](http://cure-your-depression.com/emotional_jug.html) )

**Rent a comedy.** Laughter is the best medicine.

**Read a good book in bed to fall asleep.** (Develop a healthy before-bed ritual. Read our free report for more info.)

**Shut off the TV!** (Cut out the garbage fed into your head.)

**Listen to some soothing, happy music.**

**Make some Green tea.** (Read: "Herbs for Depression": <http://www.cure-your-depression.com/herbsfordepression.html> )

**Clean up your room.** Get rid of clutter!

**Compliment yourself.** Learn to develop positive talk! (Read: "6 Powerful Ingredients to Cure Your Depression": <http://www.cure-your-depression.com/depression-viplist.html>)

Kiss your kids, your spouse, your parents, your grandparents! (**Show your family you love them.**)

**Write down every night the things you ARE thankful for.**

***DON'T FORGET...***

For further explanation or detail on these wonderful alternatives to depressing thoughts, read and re-read and *re-read* our free report, "**6 Powerful Ingredients to Cure Your Depression**": <http://www.cure-your-depression.com/depression-viplist.html>

*You will be glad you did! There is hope! You are worth it!*

*Sincerely,*



*Merrí Ellen*

Your Friendly-Editor

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*Our mission is to impact lives for a joyful society!*

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Read more of our articles to help you beat your depression!  
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