## Exercises for DEPRESSION RELIEF READ&DO

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1 Basic modules
1.1 The top of the flower bud
On which domain do you think your flower bud can open?

## 1.3 The whirlpool 'depression' 1.2 Is depression a disease? How does the following statement feel at What are the important elements in your self present, after reading the explanation on this? perpetuating pattern?

### 2 Depression under a magnifying glass

Look at your depression

2.1 Depression as a 'problem of the will'
On which domains does your formerly great willpower feel like being extinguished?

# 2.2 Depression as a 'pleasure problem' The exercise of not-getting-bored

#### 2.3 Depression as emptiness of deep meaning

Take some elements from your life that used to have much meaning

### 2.7 Diagnosis 'depression' is a sword that 2.4 Depression as suffering from soul loss cuts both ways Do you have an example of what gave you inspiration earlier and now no more? How do you feel the difference between:

## 2.9 Being depressive is an art The appreciation of art

2.10Not-being able-to be-depressi	ve	is	a
disease			

Try, as rationally as possible,

#### 2.11Depression as a chance

Try, as rationally as possi	ble,

## 2.13From gold to lead – body Look at several symptoms of depression

## 2.14From gold to lead – mind Try to feel at yourself which psychic events

## 2.15From gold to lead – children 2.16From gold to lead – elderly Imagine yourself meeting your current self Can you enumerate some other factors when you were still a child.

### 2.17From gold to lead – society Describe some ways

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#### 2.18From gold to lead – suggestion

Think of some of your recurrent negative thoughts.

# 2.19Looking for meaning Try to see the 'meaning of your existence.'

### 3 Peripheral areas of depression

3.1 Masked depression, depression as a mask

Which symptoms

#### 3.2 Depression, anxiety, compulsive disorders and more

Did you ever suffer from an anxiety disorder?

#### 3.3 Mania

Are there to note – now or earlier – manic elements in yourself?	

## 3.4 Mourning clothes are black 3.5 Postpartum depression What do you think are other characteristics In which other way can you see postpartum of 'good grief'? depression as a form of 'soul-loss'?

#### 3.6 The grief 'after' the love

At heartbreak: make sure that you say goodbye in an excellent way						

Do you know examples of serious heartbreak at artists?

### 3.7 The desire for the last candlelight 4 Treatment Death as a symbol of another life, 4.1 Psychotherapy in general What do you think are some of the characteristics of a good therapist?

## 4.2 A pill, modern key to happiness? 4.4 The depressed patient as medicine Your depression as an ally What do you think are some adverse effects

# Search the underlying meaning of different ideas

#### 4.5 To-learn self-reliance

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## 4.7 A few tips for dealing with yourself 4.6 Meditation Suspend your depressed feelings and **Enumerate what could be advantages and** disadvantages for you in meditation. thoughts for a while

#### 4.8 A few tips for dealing with a depressed person

Check the above 'good advice' yet another time.

#### 4.9 Magic word '(self)love'

113 Magic Word (Schi)love
How do you think love is essential?

### 4.10Magic word 'insight' 4.11If the door to life swings back open... and then closes again? Start for yourself a list of insights that affect Try in advance to feel at yourself what would you deeply. help you most if you, once you are out of the whirlpool, feel you are again evolving towards it.

## 4.12A cultural goal: 10 x less depression What advice would you give to the entire culture to relieve or avoid depression?