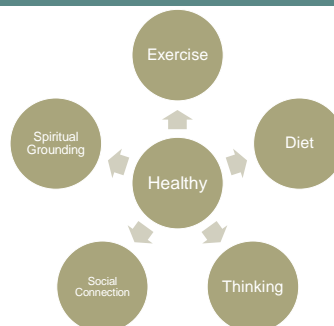


Five Keys to Beating Depression

Apostolic Christian Counseling & Family Services
877-370-9988 www.accounseling.org info@accounseling.org

Keys to Beating Depression



Healthy Exercise



- Regular exercise reduces depression, stress, and anxiety.
- Current guideline = 150 minutes/week.
- Consider exercising with someone else to increase accountability.
- Search www.heart.org for more information.

Healthy Diet



- Depression can affect our appetite.
- The quality of our food intake affects our mood.
- Diets rich in vegetables, nuts, fish, lean protein, olive oil, and complex carbohydrates show lower risk for depression.
- Search "Mediterranean diet" for more information.

Cultivate Healthy Thinking



- Negative Thinking about oneself can encourage depression.
- Watch thinking that is perfectionistic or critical.
- Seek to line up our thinking with the truths of the Scriptures.
- "[Truth Talk](#)" is a good resource.

Social Connection



- Depression can encourage isolation.
- Social supports are needed to overcome.
- Watch for the traps of "mind reading" and feeling overwhelmed.
- Search "[Helping Someone with Depression](#)" for more information

Spiritual Grounding



- We can view God through the lens of depression instead of the truth of the scripture.
- Remember the promises of God's Scripture still apply to you.
- God's love is constant in the midst of our struggle.
- ["Comforting Scriptures for Times of Depression and Struggle"](#) is a good resource.