

# 10 Positive Coping Tips

For Family & Friends who support People Dealing With Depression

1. Will power has nothing to do with eliminating mental illness. Suggest getting professional help that will lead the way up.
2. Counting your blessings or looking on the bright side is an impossible task for those deeply depressed, unless they know someone really cares.
3. Keep busy or get a hobby – these are valuable tools, but only when the person is well enough to want to take the first step.
4. A change in scenery is impossible for a depressed person. The grey cloud stays with them wherever they go, so walk with them.
5. Depressives sometimes can't try harder, that will only compound the illness. Try getting them to relax and not fight the feelings.
6. Guilt feelings are rooted in depression, so be careful not to lay any more guilt with well-meant saying like "If you loved me you would..."
7. Religion and faith have a definite part in healing, but only if it is rooted in feelings of mental and emotional health, not illness.
8. Since the problem of depression comes from within the patient, no amount of external changes can alter the state, until the person is physically stabilized. Then a look can be taken at the negatives, such as job, etc. that contribute to the severity of the illness.
9. Be a good listener, sympathetic, attentive and patient. Don't show impatience or look frightened at what is said, this will only aggravate the situation.
10. Be supportive but don't take away responsibility for him/her, even when it is painful or exhausting to do so. Only then can self-esteem be nurtured.