

After every storm comes a rainbow

Hello my dear friend,

First of all, I want to tell you that you are an important person in many people's lives: family loved ones, friends, lovers,... No matter what, I still hope you are always good.

Getting this far is really not easy, I do not advise you to risk your life trying to continue or give up, simply take a break, rethink many things and move on without fear.

I'm here to help you step out of those sad and dark days, and help you get back to the smiling, optimistic, energetic old you used to be.

Good luck on your way!

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Reflect and Heal

First, take a deep breath. Let your troubles be carried by the wind. Keep your mind purest and answer the following questions

Describe the greatest and most memorable, joyful moments from last year. Draw them on this sheet. How did you feel? Who was there with you? What were you doing? What kind of smells, sounds, or tastes do you remember?

Go through your life from childhood year by year. If you see an important event, family gathering, friendly get-together, or a significant project, write it down here.

What are you most proud of?

What is the best thing you have discovered about yourself?

Who are the three people you influenced the most? What are their stories

Imagine about your dream life would like to be in 10 years. Can you describe it to me?

Reach out and stay connected

Is there somebody you like to talk with? (When you spend time with them, you always feel comfortable and relax.) Can you tell me some interesting story about them?

If you have friends like that, stay connected. There are some tips for you:

- Talk to one person about your feelings.
- Help someone else by volunteering.
- Have lunch or coffee with a friend.
- Ask a loved one to check in with you regularly.
- Accompany someone to the movies, a concert, or a small get-together.
- Call or email an old friend.
- Go for a walk with a workout buddy.
- Schedule a weekly dinner date.
- Meet new people by taking a class or joining a club.
- Confide in a clergy member, teacher, or sports coach.

If not, don't worry we have a peer support program for you. Just fill the contact form in Home page

How much time you could spend with your friends (Suggested 1 hour/day)

So what time?

Morning

Afternoon

Evening

Do things that make you feel good

Do you have any hobbies that you enjoy when you were a kid? If yes, do it.

Develop a “wellness toolbox” to deal with depression

Ex:

- Spend some time in nature.
- List what you like about yourself.
- Read a good book.
- Watch a funny movie or TV show.
- Take a long, hot bath.
- Take care of a few small tasks.
- Play with a pet.
- Talk to friends or family face-to-face.
- Listen to music.
- Do something spontaneous.

Write down here your negative habits (Do not sleep until midnight, do not exercise regular,..)

Aim for eight hours of sleep. Depression typically involves sleep problems; whether you're sleeping too little or too much, your mood suffers. Get on a better sleep schedule by learning healthy sleep habits.

Keep stress in check. Not only does stress prolong and worsen depression, but it can also trigger it. Figure out all the things in your life that stress you out, such as work overload, money problems, or unsupportive relationships, and find ways to relieve the pressure and regain control.

Practice relaxation techniques. A daily relaxation practice can help relieve symptoms of depression, reduce stress, and boost feelings of joy and well-being. Try yoga, deep breathing, progressive muscle relaxation, or meditation.

Your negative habits need to be improved? How you can improve it?

Get moving

To get the most benefit, aim for at least 30 minutes of exercise per day. This doesn't have to be all at once—and it's okay to start small. A 10-minute walk can improve your mood for two hours.

Exercise is something you can do right now to boost your mood

Your fatigue will improve if you stick with it. Starting to exercise can be difficult when you're depressed and feeling exhausted. But research shows that your energy levels will improve if you keep with it. Exercise will help you to feel energized and less fatigued, not more.

Find exercises that are continuous and rhythmic. The most benefits for depression come from rhythmic exercise—such as walking, weight training, swimming, martial arts, or dancing—where you move both your arms and legs.

Add a mindfulness element, especially if your depression is rooted in unresolved trauma or fed by obsessive, negative thoughts. Focus on how your body feels as you move—such as the sensation of your feet hitting the ground, or the feeling of the wind on your skin, or the rhythm of your breathing.

Pair up with an exercise partner. Not only does working out with others enable you to spend time socializing, it can also help to keep you motivated. Try joining a running club, taking a water aerobics or dance class, seeking out tennis partners, or enrolling in a soccer or volleyball league.

Take a dog for a walk. If you don't own a dog, you can volunteer to walk homeless dogs for an animal shelter or rescue group. You'll not only be helping yourself but also be helping to socialize and exercise the dogs, making them more adoptable.

Your exercise link: <https://www.everydayhealth.com/depression-pictures/great-exercises-to-fight-depression.aspx>

What time?

5:00-5:30 AM

5:30 - 6:00 AM

17:00-17:30 AM

17:00-18:00 AM

Eat a healthy, depression-fighting diet

Don't skip meals. Going too long between meals can make you feel irritable and tired, so aim to eat something at least every three to four hours.

Minimize sugar and refined carbs. You may crave sugary snacks, baked goods, or comfort foods such as pasta or French fries, but these “feel-good” foods quickly lead to a crash in mood and energy. Aim to cut out as much of these foods as possible.

Boost your B vitamins. Deficiencies in B vitamins such as folic acid and B-12 can trigger depression. To get more, take a B-complex vitamin supplement or eat more citrus fruit, leafy greens, beans, chicken, and eggs.

Boost your mood with foods rich in omega-3 fatty acids. Omega-3 fatty acids play an essential role in stabilizing mood. The best sources are fatty fish such as salmon, herring, mackerel, anchovies, sardines, tuna, and some cold-water fish oil supplements.

What you plan to eat in breakfast

Type a question

Get a daily dose of sunlight

Sunlight can help boost serotonin levels and improve your mood. Whenever possible, get outside during daylight hours and expose yourself to the sun for at least 15 minutes a day. Remove sunglasses (but never stare directly at the sun) and use sunscreen as needed.

- Take a walk on your lunch break, have your coffee outside, enjoy an al fresco meal, or spend time gardening.
- Double up on the benefits of sunlight by exercising outside. Try hiking, walking in a local park, or playing golf or tennis with a friend.
- Increase the amount of natural light in your home and workplace by opening blinds and drapes and sitting near windows.

If you live somewhere with little winter sunshine, try using a light therapy box.

Challenge negative thinkings

What problems are you facing? (When it starts, How it impacts on your life,..)

Write down all your negative thinking that make you stress here

I always challenge my thinking. For instance:

When I feel stress that my friends have better background than me and they are more privilege than me, I challenge my thinking that I could make a much more huge difference than them when I try hard

Challenge all your thinkings?

The chance you can take from your situation.

SET YOUR GOALS AND COMEBACK

What are your goals to achieve dream life?

Break it to smaller target you can achieve in near future

Lets break it down to small task to do everyday

Steady on the next road, we are always here waiting for you.