

SO WHAT DO YOU DO ABOUT IT?

Ian Paterson

So, you are depressed, or you have ‘The Blues’, what do you do about it? Firstly, you must recognise that the more depressed we feel, the less we want to do – and the less we do, the more depressed we become– it is a vicious cycle that must be broken and we **MUST** push ourselves INTO ACTION. The following are my 7 steps for ‘beating the blues’

1. Get regular exercise - just going for a walk will lift your spirits.
2. Eat well – check that your dietary intake is balanced and nutritious.
3. Socialize – people are a great antidote for the blues’.
4. Have a change of scenery and routine occasionally.
5. Practice relaxation techniques - the positive effects of relaxation or meditation are cumulative.
6. Schedule positive events – activities that give you a sense of pleasure and or achievement - this can be catching up with friends or just doing that chore you have been putting off.
7. Set up a daily activities schedule – this:
 - Provides structure.
 - Gives you a sense of control.
 - Provides a sense of achievement when you can tick off the tasks as they are completed.

Joan Baez sums it up wonderfully in her saying:

‘Action is the antidote to despair’

THINGS YOU SHOULD NOT DO IF YOU HAVE ‘THE BLUES’

- Take to your bed and ‘hibernate’.
- Try to ‘lose yourself’ in front of the TV – this will only exacerbate the situation.
- Cut yourself off from friends and family.
- Avoid issues that may be contributing to your depression.
- Take ‘comfort’ in junk food or alcohol.

‘Doing something is better than doing nothing’.

If you consistently have negative thoughts about your tinnitus – anxiety and depression will likely be the result, so you must change the way you think about your tinnitus.

