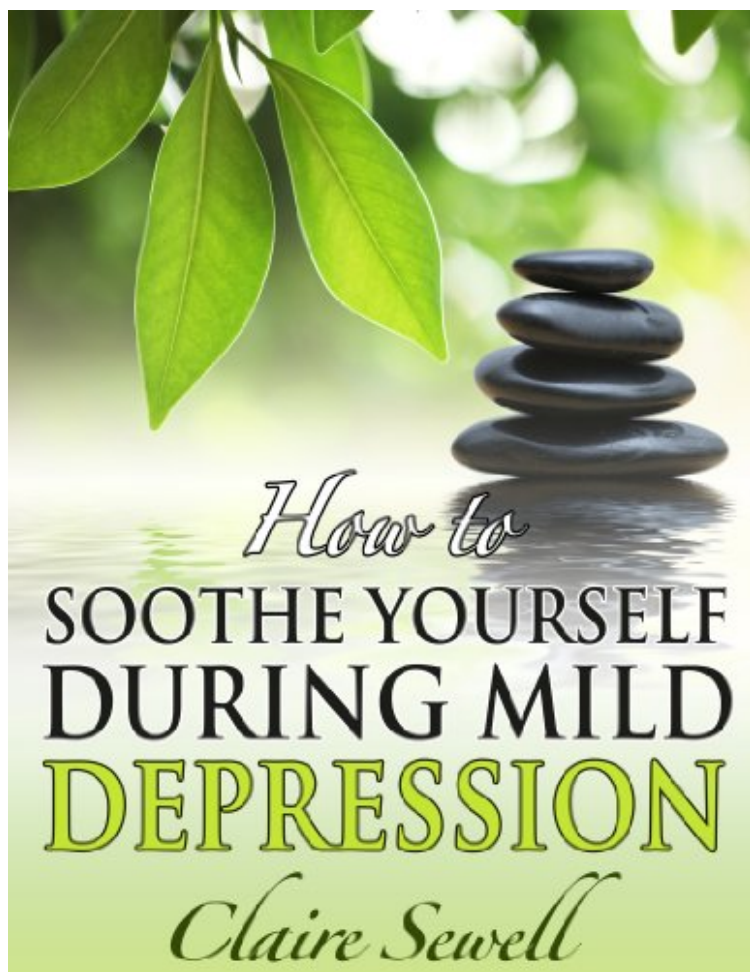


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How to Soothe Yourself During Mild Depression (How to feel good series) (English Edition)



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Description :

Prsentation de l'diteurHow To Soothe Yourself During Mild Depression You will feel empowered by using simple self-help techniques to treat mild depression and anxiety naturallyBeyond being a temporary illness that responds well to treatment, depression highlights the areas of stress and anxiety in your life. Depression and anxiety often occur together. Discover how to cope with mild mental illness: depression and anxietyHelp for depression and recovery from depression comes from you and from others who care about youFor some people recovery may mean a complete return to previous levels of mental well-being. For others it may involve learning new healthy ways of coping with the remaining symptoms. By learning how to soothe yourself through your senses you are actively participating in your own recovery by adopting a proactive healing mindset. The tips inside this book include many natural techniques. Mental health recovery

is possible. Learn how to reframe CBT negative thoughts from depression Using the basic CBT Reframing technique, you can decrease the intensity of your depression and anxiety by replacing negative thoughts with realistic, supportive thoughts. Often it's the little things that count How to Soothe Yourself During Mild Depression is a short collection of supportive thoughts and activities prompting you to soothe yourself during the difficult moments of mild depression. Small changes can produce big results. How To Soothe Yourself During Mild Depression is written with poor concentration in mind This book has been widely acclaimed by workers within mental health, and by people currently experiencing mild depression. Its number one praise is that the book is easy to read, even if you're in bed and can't face going to work today. It is light reading, while acknowledging the seriousness of mild depression. You will find tips you can do while you're in bed and not able to do your normal activities. For example one tip is: Open the windows in your bedroom it will let in the sounds of the neighborhood, like children playing, lawns being mown. It can act as a connection to the outside world and provide you with fresh air. How to cope with self-harming thoughts Self-soothing asks you to accept rather than fight your feelings. The energy that you have been using to fight your feelings/ symptoms can now be redirected into self-soothing thoughts and actions. It is important to avoid intense mental arguments with yourself, particularly if you are experiencing self-harming thoughts. It is more helpful to see such intense thoughts as a signal that you urgently need to comfort yourself and get additional support. About The Author Claire Sewell completed a NZ Diploma in Nursing (Comprehensive) in 1991 and worked in the New Zealand mental health sector as a registered nurse for many years. Claire worked with clients from early teenage years to the elderly, gaining clinical experience in community, psychiatric subacute, acute and intensive care settings. Claire worked with clients experiencing a range of mild mental illness and depression: from people with self-harming thoughts to people experiencing depression related to grief. The tips and techniques in this book come from Claire's clinical experience, and from her own journey with depression which spans two decades. This book is part New Zealand mental illness memoir, part self-help for depression. Academically, Claire was awarded a Diploma in Arts (Psychology) from Massey University; a Life Coach Diploma from the School of Natural Health Science; and an Advanced Diploma in Counseling, from the International Career Institute. Claire has a love of learning and enjoys writing around themes of meaning and purpose. She is currently studying Religious Studies at Massey University, New Zealand. Scroll up Presentation de l'auteur How To Soothe Yourself During Mild Depression You will feel empowered by using simple self-help techniques to treat mild depression and anxiety naturally Beyond being a temporary illness that responds well to treatment, depression highlights the areas of stress and anxiety in your life. Depression and anxiety often occur together. Discover how to cope with mild mental illness: depression and anxiety Help for depression and recovery from depression comes from you and from others who care about you For some people recovery may mean a complete return to previous levels of mental well-being. For others it may involve learning new healthy ways of coping with the remaining symptoms. By learning how to soothe yourself through your senses you are actively participating in your own recovery by adopting a proactive healing mindset. The tips inside this book include many natural techniques. Mental health recovery is possible. 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