

# FEEL BETTER FAST: HELP WITH DEPRESSION, STRESS, & INSOMNIA

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## OVERVIEW

There is substantial research that show that the techniques in this program will help you to feel better fast, when dealing with depression, stress, and/or insomnia.

There is, however, one CRITICAL element that leads to success: your willingness to work very hard using these techniques on a daily basis. You will be amazed at the results.

## OUTLINE

### 1. Relaxation Techniques

- Abdominal Breathing
- Progressive Muscle Relaxation
- Body Scan
- Guided Imagery

### 2. Pleasurable Activities

- Do at least one pleasurable activity per day for yourself
- Preferably something you used to like to do but no longer do

### 3. Taking Care of One's Body

- Exercise (aerobic, 20-30 minutes, 3+ times per week)
- Nutrition (reduce calories, caffeine, alcohol, drugs, nicotine)
- Time Management (organization, prioritization, delegation)
- Good Sleep (7-8 hours/night)

### 4. Restructuring Thoughts

- Since thoughts lead to feelings, identify the thoughts that precede your negative moods.
- Likely, they are distorted, irrational, or unhelpful.
- Evaluate and respond to them in write, with "other ways to think about it."
- Do this exercise at least three times per week.