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

Bert H. Epstein, Psy.D.

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.