

Making Prevention Work for Older Americans

Top ten non-pharmacological approaches to prevention and treatment of depression

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1. **Behavioral activation:** **FOUR PLEASANT EVENTS A DAY KEEP THE BLUES AWAY;** They must be **CONSCIOUSLY CHOSEN** and **DELIBERATELY DONE**
2. **Exercise:** “Getting regular, vigorous exercise is the best possible way that you can alter your own brain chemistry and improve your mood.” (Emmons, 2006)
3. **Breath work:** Breath and mental/emotional state are closely linked; changing one will change the other. (Emmons, 2006)
4. **Diet:** Boost intake of essential Omega 3 fatty acids if you are feeling depressed.
5. **Sleep:** use good sleep hygiene techniques; the avg. person gets about an hour less than he/she needs.
6. **Foster resilience to stress:** Consider short term psychotherapy
7. **Socialization:** Find a “community” where you are accepted and appreciated.
8. **Self-soothing:** Cultivate a meditation practice; learn to increase compassion.
9. **Environmental effects:** Find a calming space, especially one with views of nature; walk outside.
10. **Complementary methods:** Massage; acupuncture; Tai Chi; expressive writing

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