

Relaxation Techniques for Depression

Written by Ellen Frankel
Tuesday, 24 May 2011 10:46

Depression can be a major issue for people of all demographics, including women, teens, and even the elderly. Degrees of depression may vary from individual to individual, but there are a number of common relaxation techniques that can relieve the stress and even the anxiety that depression causes. Keep in mind, an extremely serious battle with depression may require you to seek out a doctor for medical assistance, but these relaxation tips can help anyone suffering with a large or small case of “the blues” manage their heavy load.

1) Surround yourself with Tranquility:

When trying to relax your body and mind in the face of depression, your setting will have a tremendous impact on the level of stress and anxiety you are feeling if depressed. The goal should be to surround yourself with as much tranquility as possible in any environment to promote relaxation. For example, you might want to try keeping some mellow relaxing CDs in your car at all times. You may choose to decorate your office with peaceful posters that make you smile and inspire a sense of restfulness or satisfaction. You could watch an extremely funny movie, as laughter and relaxation often go hand in hand.

2) Write It Down:

Another effective relaxation technique for depression is writing. The act of writing itself can be therapeutic in many ways, as there is a definite sense of relief when you write down the thing that is troubling you. By putting something down on paper it allows the writer to get stress and anxiety off of his chest, but it also forces the individual to admit what is troubling him. Admission must always precede confrontation, and to resolve inner turmoil you must deal head-on with the thing that is causing it.

3) Exercise:

Exercise may sound too simple to be true when thinking about relaxation techniques for people suffering with depression, but it may actually be a very effective way of boosting your mood. When you exercise, your brain produces endorphins, which are part of your brain chemistry that contributes to feelings of happiness or positivity. The great thing about exercise is that it can come in many forms. Yoga and Pilates are two extremely popular forms of relaxing exercise, but there are a number of other relaxation exercises that people enjoy as well. Many people find running, rowing or even swimming to be highly relaxing because of the solitary nature of the activity.

4) Breathing Techniques:

In relation to exercise as a relaxation technique for people who are struggling with depression, breathing techniques is also an effective and related way to relax. In most types of yoga, breathing is an extremely important part of the physical process. Pranayama yoga exercises promote breathing in the most efficient, proper way. The goal of Pranyama breathing exercises is to breathe so that the maximum amount of blood and oxygen can reach the brain, helping to foster control and relaxation. Focusing on controlling your breathing and taking long, deep breaths multiple times per day can help to relax you and reduce depressive symptoms.

5) Positive-Self Talk:

Relaxation Techniques for Depression

Written by Ellen Frankel
Tuesday, 24 May 2011 10:46

Often times the issue at the core of depression for many individuals is a sense of internal unhappiness, inadequacy or even lack of self-esteem. Engaging in Positive-Self talk each day is one effective relaxation technique for individuals suffering from depression. Re-affirming your personal value, worth, and confidence on a daily basis will eventually lead to the true and genuine acquisition of that mentality. Guided relaxation CDs are one source for people who are interested in exploring positive-self talk. In this type of program, a narrator will lead the listener through a series of mental exercises to promote positive self-esteem and tranquility.