

Depression 101 - An Emergency guide.

1. Take an ice-cold shower.

This is an instant relief. Just do it, it will help you to escape serious down phases.

2. Avoid low blood sugar at all cost.

Don't forget to eat, have breakfast as soon as you wake up. Avoid to sugary stuff and focus on high-fat, high-protein food.

3. Get out of the house.

Get going and feel some nature. Muster any force you have left and kick your butt out of that door!

4. Reach out to people who you trust.

Share your feeling with people you trust. Do not hold back.

5. Prepare for the next day.

Give the next day some structure, the night before. Depression is the worst in the morning, be prepared.

6. Use moments of silver linings for introspection.

Find out, why you are depressed. But don't overdo the thinking, otherwise it will do more harm than good.

7. Fuck everybody who says that depression isn't real.

Protect your boundaries and give yourself the space you need.

8. You are not alone in this.

You are not alone. Many people are depressed, any many have overcome it. You can do it too!

