How to get out of depression in 3 simple steps

Being in a depression is not very unusual these days. In fact, every 1 person out of 40 is depressed on average. There are cases of chronic depressions and mild depressions, both of which are highly detrimental to your goal of achieving success.

Here are three simple steps that you can take to get out of depression and plan out your journey to

1. Find out when and why you are depressed.

Many a time depression sneaks on a person, and the person doesn’t even know that it is present. Too often, there are cases of people who think they are not depressed, but who are, medically speaking, depressed. It is therefore essential to know when one is depressed or not.

An elementary method that anyone can use to find out if he/she is depressed is by asking the following questions:

* Do I have a plan or goal in life?
* If I have a plan or goal in life, do I think it is achievable?
* If I do have a plan or goal in life, and if I do think that it is achievable, is my plan or goal worth attaining?

If the answer to the above questions is ‘yes’, then you are surely out of the state of depression, but if you answer to some of them is ‘yes’, you should better contact a psychologist to provide you a detailed diagnostic report.

Okay, now that I know if I am depressed or not, what should I do? Pretty easy, find the cause of depression. Now, I don’t intend to ask you to create a detailed 100 page report on why you are depressed, no one in this world would ask you to do that! But I am asking you to find out approximately what event in life is responsible for the depression so that you can prepare for the next step.

An easy and handy way to find out the cause of depression is by asking the following questions:

* In the last 30 minutes, what topics have frequently popped into my head?
* Do I attach any emotionally disarming feeling to any of these topics?
* Did thinking about the topic cause me happiness or sadness?

1. Plan ahead.

Now that in step 1 you have found out if you are depressed or not, and if depressed, the cause of depression, it is now important that plan ahead and prevent back falling.

So, how do you plan ahead? Again, it’s pretty easy!

Ask yourself the following question, and jot down your replies.

* Where do I see myself in 3 months?
* What should I do in order to get there?
* When do I start?

Now, the last question is critical. If your answer to the last question is anything other than “Now”, you should better consider repeating the process, and ask yourself these questions once again.

1. Express gratitude

Now that you have successfully found out the reason for depression, and planned activities to prevent back falling, it is crucial that you find means to express gratitude in everyday life.

It is important that you complete this step in order to prepare your mind for success.

Everyday life includes several instances where hard work and tough choices go unacknowledged and unrewarded. The above sentence should not look unusual to you. But there is something that you can do to change it, and that is, express gratitude.

See, when you express gratitude for the bits and bits of things that you have or may have, you are opening your heart to the people and the surrounding, and filling it up with all the love and care that you can fill it up with. So, go out now, and find out means by which you can express gratitude in your everyday life.