

## Coping With the Blues

### 10 Ways to Boost Your Mood



[blomquisthale.com](http://blomquisthale.com)

#### Get Organized

Impose a little more order in your life. A lack of organization and improper time management may be complicating the issues at hand. Keeping a regular schedule can lend a feeling of control. Order tends to simplify, while chaos breeds confusion and dissatisfaction. Additionally, maintain order in your appearance. Don't allow yourself to look as depressed as you may feel. Looking better can help you feel better.

#### Stick to It

Don't allow yourself to give up on a project while you're depressed. You can't see clearly at such times, and it establishes an unhealthy precedent of letting your disruptive emotions govern your life.

#### Express Emotion in Healthy Ways

Don't suppress your strong emotions, especially anger. Suppressed anger contributes to depression. Allowing yourself to be dumped on shows you feel you deserve such treatment. Talk things out at home, or with a licensed counselor at Blomquist Hale, who can provide strategies to conquer the blues.

#### Be Open to Learning

Learn something new each day. The future has many new things to offer, and burnout may result from focusing only on the unhappy present. Pursue hobbies or other activities to get outside yourself.

#### Meet Challenges

Meet all challenges you possibly can. Allow yourself to establish a good track record so that the evidence, when you're feeling down, reminds you of your accomplishments.

#### Take a Break from Negativity

Stop talking about your problems for a specified period -- a day or two at the least. Allowing problems to dominate our consciousness can give them a prominence out of proportion to reality. The problems may be real, but they are not the sum of all reality. Take note of the good moments in your life. We all do more things right than wrong. There are successes and bright spots. It's unwise to permit a few negative things to so dominate your life that you can't see the good anymore.

#### Don't Compare

Don't compare your life with those of others. It isn't helpful to know you are better or worse off than someone else. What does matter is realistically dealing with your own situation.

#### Seek Good Company

There are people in whose presence one cannot be glum. Spend time with people who are energetic and hopeful--some of their dynamism will rub off on you.

#### Recommit

Choose a few new, attainable goals, and commit yourself to wanting something. When your mind is engaged with new ambitions and pleasant thoughts, it cannot then be fixated on the negative.

#### What Blomquist Hale Can Do

We can help you evaluate your situation and offer suggestions about how to improve. Call us today to set up an appointment.