

**Application**

*Our health, happiness, and longevity, as well as our relationships with family, friends, and associates, and our spiritual life - are interrelated and interdependent. Improving our health, pursuing worthwhile goals, developing positive mental attitudes and nurturing spiritual values can help us deal more effectively with our feelings of depression and hopelessness.*

**The Power to Choose**

One of the things that sets us apart from other creatures is our ability to make choices. We can think about our actions, and we can choose between alternatives.

**Family and Social Relationships**

We are social creatures, and most of us do best when we experience a sense of community and belonging that comes from our relationship to others. When we feel isolated or in conflict, it is much easier to slip into depression.

**A Higher Power**

Through the ages millions have found comfort in time of need by turning to a Higher Power for strength and wisdom. Stories of people overcoming problems that seemed unsolvable are abundant.

It is easy for the hustle and bustle of life to crowd out time for spiritual nourishment. Yet those who have endured trying times can vouch for these values. Is your spiritual life the source of inspiration, strength, and renewal that it could be?

Here are some suggestions for boosting self-esteem and beating the blues. Write 'OK' beside the ones that apply to you, and put a '?' beside those you would like to adopt: -

- Look your best. Wear clothes that enhance your confidence.
- Play upbeat music.
- Speak well of yourself and others.
- Remember that you are unique. There is no one else like you.
- Make a list of your good qualities and focus on them.
- Realize it's OK to make mistakes.
- Consider a part-time job, a college course, an exercise class - a study group.
- Read self-help books. Take an 'assertiveness' class.
- Go to a place of worship (even if you are not religious). Absorb the peacefulness.
- Play with a pet. Play with children.
- Take a long relaxing soak in your bathtub.
- Buy a surprise gift for someone.
- Clear up misunderstandings; don't let them fester.
- Relive happy times and remember pleasant memories.
- Help someone else.
- Nurture your spiritual life.