B.E.A.T the Blues:

Depression is becoming a very serious issue worldwide as more and more people engage in a hectic lifestyle which contains an overloaded schedule, too much competition, many family and surrounding issues, fear of failures, financial stress, etc. This program has been developed to help you regain control over your life by instilling back a healthy balance, learning the facts about eating and exercise and how you can use them as resources to becoming healthier in your thinking. You will learn how your attitude and thinking can be changed to benefit your long term health.

B: Balance your life to beat the blues:

1. Figure Out What Really Matters to You in Life

Contemplate the following questions:

1. If my life could focus on one thing and one thing only, what would that be?
2. If I could add a second thing, what would that be?

3. A third?

4. A fourth?

5. A fifth?

If you answer thoughtfully and honestly, the result will be a list of your top five priorities. Typical top-five list might include some of the following:

- Children
- Spouse
- Satisfying career
- Community service
- Religion/spirituality
- Health
- Sports
- Art
- Hobbies, such as gardening
- Adventure/travel

2. Drop Unnecessary Activities
What are your Unnecessary Activities?

3. Protect Your Private Time
You would probably think twice before skipping out on work, a parent-teacher conference, or a doctor's appointment. Your private time deserves the same respect. Carve out hours that contribute to yourself and your relationship.

How can you protect your private time?
4. Accept Help to Balance Your Life
Allow yourself to rely on your partner, family members, or friends -- anyone who can watch the kids or run an errand while you focus on other top priorities.

Who can you accept help from?

5. Plan Fun and Relaxation
Fun and relaxation are an essential part of living a well-balanced life. If you believe that the most important thing is to be happy in life (not when I'm a millionaire or when I retire but right now) then you can always make time.

Until you get into the habit of taking time for yourself, set aside space in your planner for relaxation and fun.

What do you consider fun & relaxing?

Are these activities in your calendar?

E: Eating & Exercise to beat the blues:

Eating: Can food boost energy and bust a bad mood?
It's an intriguing possibility. While it's too soon to say, “an apple a day keeps the doldrums away,” The best foods are those that stabilize blood sugar and trigger feel-good brain chemicals, such as serotonin. Let us learn which foods and drinks can do the job.

Smart Carbs
Carbs are vital for boosting energy and mood. They are the body’s preferred source of fuel, plus they raise serotonin levels. Key is to avoid the bad carbs (in forms of sugar, flour, processed foods) that raise your insulin levels quickly and then drop even more rapidly, creating a rollercoaster of emotions for you and your body.
What are smart carbs that you like?

**Other Sources of Energy food and Mood busters:**

- Cashews, Almonds, and Hazelnuts
- Lean Meats
- Salmon
- Fiber
- Water
- Fresh Produce
- Coffee
- Dark Chocolate
- Eat Breakfast
- Frequent Meals

**Exercising: Can exercise boost your energy and bust your mood?** Regular exercise has been proven to help:

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep

Exercise also has these added health benefits:

- It strengthens your heart.
- It increases energy levels.
- It lowers blood pressure.
- It improves muscle tone and strength.
- It strengthens and builds bones.
- It helps reduce body fat.
- It makes you look fit and healthy.
Is exercise a treatment for clinical depression?
Research has shown that exercise is an effective but often underused treatment for mild to moderate depression.

Do particular types of exercise help depression?
It appears that any form of exercise can help depression. Some examples of moderate exercise include:

- Biking
- Dancing
- Gardening
- Golf (walking instead of using the cart)
- Housework, especially sweeping, mopping, or vacuuming
- Jogging at a moderate pace
- Low-impact aerobics
- Playing tennis
- Swimming
- Walking
- Yard work, especially mowing or raking
- Yoga

A: Attitude to beat the blues:

Did you wake up this morning and curse at your alarm clock? Did you look outside and think how nasty, wet and cold it was going to be on your way to work? Or, did you think the snow was beautiful and your inner child was excited to leave in hopes you'd catch a snowflake on your tongue, or, better yet, get a chance for an impromptu snowball fight with your kids?

A positive attitude can help you be happier, but, can it help you to be healthier? Yes. People who have optimistic attitudes tend to heal faster, and have less health problems than those that have negative or pessimistic attitudes.

Ways to Improve Your Attitude and Defeat Depression

- There are things you can do to keep your attitude positive and fight the blues:
- Make Good Choices and Celebrate Your Victories
- Volunteer and Raise Your Spirits.
BEAT the Blues

- Surround Yourself with Positive People and Improve Your Attitude:
- Read good books and fill Your Brain with Good Thoughts:
- Get Counseling and Overcome Depression

**T: Thinking to beat the blues:**

Beating the blues means replacing your self-defeating thoughts and actions with more effective ones. Rational Emotive Behavioral Therapy gives individuals the power to change the unhealthy behaviors and thoughts that interfere with your ability to enjoy life.

Changing your thinking is a daily struggle but there are simple steps you can do to dispel negative thinking attitudes.

- **Activating Event:** Something happens.
- **B. Belief/Behavior:** You have a belief about the situation.
- **C. Consequence:** You have an emotional reaction to the belief.

For example:
A. Your employer falsely accuses you of taking money from her purse and threatens to fire you.
B. You believe, "She has no right to accuse me!"
C. You feel angry.

If you had held a different belief, your emotional response would have been different:
A. Your employer falsely accuses you of taking money from her purse and threatens to fire you.
B. You believe, "I must not lose my job. That would be unbearable."
C. You feel anxious.

The ABC model shows that A does not cause C. It is B that causes C. In the first example, it is not your employer's false accusation and threat that make you angry; it is your belief that she has no right to accuse you. In the second example, it is not her accusation and threat that make you anxious; it is the belief that you must not lose your job, and that losing your job would be unbearable.
Disputing irrational thinking:
Often our irrational beliefs stem from our past relationships and experiences. The goal is to help people change their irrational beliefs into rational beliefs. Changing beliefs is the real work and is achieved by disputing your irrational beliefs. For example, you may ask yourself, "Why must I win everyone's approval?" "Where is it written that other people must treat me fairly?"

Sources:
http://www.news.cornell.edu/releases/May98/Moen.volunteer.ssl.html
http://serendip.brynmawr.edu/bb/neuro/neuro05/web2/mmcgovern.html


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Username: bc (company code)e Password: company code
Thank you for attending today's session. Please share your impressions below.

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