

LIFESTYLE-BASED MENTAL HEALTH CARE FOR DEPRESSION

Mindfulness and stress management



Life stressors can increase one's risk of depression.

Depression can also increase our susceptibility to a heightened stress response.

Scan for more information



How can I reduce my stress?

- Understanding where your stress is coming from may support you to address situational and environmental factors that are causing you to feel stressed.
- The use of stress management approaches, and specifically mindfulness, can help with managing depression.
- Mindfulness is a practice in which you focus on being intensely aware of what you're experiencing in the moment, without interpretation or judgment.

Who can help me?

Mindfulness or stress management strategies can take various forms, for example:

- Mindfulness-based stress reduction (MBSR).
- Mindfulness Based Cognitive Therapy (MBCT).
- Relaxation therapies like progressive relaxation or autogenic training.
- There are also many free resources available, including phone-based applications or online videos.

These strategies can help reduce negative thinking and worry and increase self-compassion and psychological flexibility.

How do I know if I'm doing it right?

- There is more than one way to practice mindfulness! You can try mindful walking, mindful eating, or activities involving mindful movement, like yoga or tai chi.
- Any time you are concentrating on what you are experiencing in the present moment, you are being mindful.
- Mindfulness takes practice, so completing short and frequent mindfulness practices can help.
- Evidence suggests that doing mindfulness supervised by a well-trained professional can be more effective and can work as well as more traditional psychotherapies.
- It is important to note that practicing mindfulness can sometimes cause discomfort, irritability, and/or a greater awareness of unpleasant feelings or thoughts. It is advisable to work with a trained mental health professional with experience in mindfulness-based approaches, to reduce these adverse effects.