

THINGS TO TRY WHEN FEELING DOWN OR LACKING IN ENERGY

On your own

- Listen to music.
- Phone or email friends.
- Research a topic of interest on the Internet (maybe your next holiday, an old school you attended).
- Watch a favourite movie or one you wanted to see.
- Indulge in glossy magazines you wouldn't normally buy.
- Try and sit outside, somewhere with a pleasant aspect.
- Sit in a quiet space, maybe meditate.
- Arrange a photo album or look through an old one.
- Draw, paint, build a model, tinker in the shed or write in a journal.
- Have a bath.
- Give yourself a manicure / pedicure.
- Try and establish a simple routine each day that has some meaning; for example, sorting through a bookcase or cleaning one room each day.

With others' help

Try and stay involved with others.

- When in a group, just sit back and listen. Keep social gatherings small and manageable.
- If you want to be involved in cooking, help with chopping vegetables and simple food preparation.
- Help out with the children's reading and homework.
- Play games that require low physical activity.

Try to go out for a change of scene.

- Go for a drive to a favourite spot.
- Go for a gentle stroll around the block.
- Go to a coffee shop.
- Find a nice spot and 'people-watch'.
- Go to a club one night for bingo or a raffle.
- You may prefer to avoid big shopping centres but visit smaller shops to maintain connection with your local community.

Extracted from: MacDonald, Mandy, 'Depression' in Hodgkinson, Dr Katharine; Gilchrist, Dr Jemma (eds), *Psychosocial Care of Cancer Patients: A Health Professional's Guide to What to Say and Do*, Ausmed Publications (2008, Melbourne), 104.

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