



## THE BREAK IN THE CLOUDS

*July, 2006 Issue Six*

Many gay men experience depression at some point in their lives. Some men live with a low grade, chronic depression called dysthymic disorder; others may experience a more significant depression called Major Depression. Both types of depression can co-exist for some guys. The good news is depression can be treated. If you are struggling with depression, it's important to take personal responsibility to help reduce the depression and begin feeling better again.

### 6 THINGS YOU CAN DO TO BEGIN DEALING WITH DEPRESSION

1. **Psychotherapy/counseling** can provide a safe, confidential environment for you to explore the potential blocks you may have to positive, life enhancing energy in your relationships and work. These blocks may be contributing to your depression.
2. Proper **exercise** and **nutrition** can help increase and create a more general sense of well being, and help you have a more positive outlook on finding solutions to problem and challenges you may be dealing with in your life.
3. Reach out to **supportive friends** and **family members** to help reduce feeling isolated and alone in dealing with your depression and related issues.

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4. **Writing in a journal** can be a helpful way to express your thoughts that may be associated with feelings of depression, sadness, anger, confusion, etc,
  
5. **Become more aware** of when you are **judging** and **condemning** yourself and try to stop it! Look for the positive inner qualities you like about yourself; for instance, your compassion for people, your friendships, other important people in your life, your cool sense of style and fashion, etc.
  
6. Obtain a referral to a psychiatrist or MD for an **evaluation of your depression**. Sometimes an anti-depressant medication can be an important component of treating depression, in addition to psychotherapy.

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In addition, TherapyForGayMen.com offers more information and helpful links.

#### **Next Issue:**

##### **Edgy All Over**

I can't relax and enjoy my life. I feel anxious a lot of the time. Is there any way to deal with this problem and feel more peace and relaxation in my life?

#### **Upcoming Issues:**

##### **Pressure to Look Good and Keep Up**

I'm feeling like I have to keep up with my friends as far as fashion, style, and kind of guys I am dating. I don't like the pressure. What can I do to deal with this?