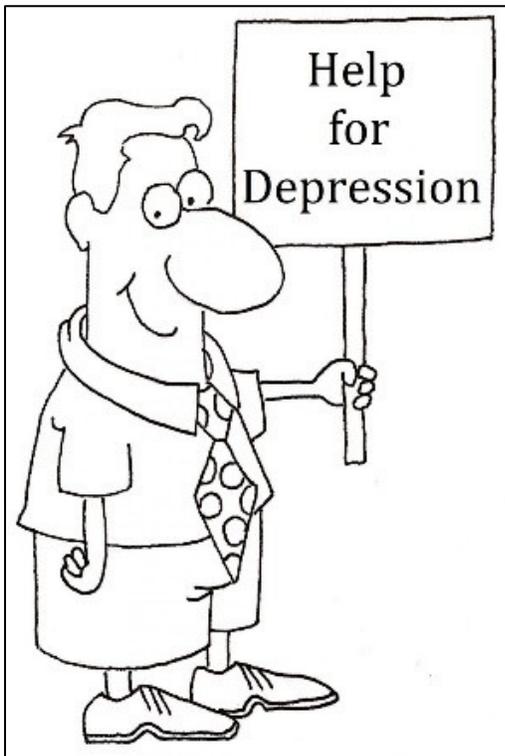


100+ Ways to Take on Depression And Win

by Kim Rosenthal, MD
Psychiatrist
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Introduction

As a psychiatrist, when I see a patient with depression, I often show them the *List*.

The list is just a basic run-through of available treatments for depression. It takes five separate angles – biological, psychological, social, systemic, and alternative methods – and pulls them together into one place. That's what you have in your hands: 100+ ways to take on depression and win.

Depression hurts. I hope this relieves some of that pain. But this list is more than conquering an illness. It's *hope*.

- *Kim Rosenthal, MD*



How to use this list

- Print this booklet and circle each option that might work for you. Circle as many as possible.
- Pick one method and try it. This might mean calling your doctor, changing a habit, going somewhere... lots of stuff.
- If the method is complicated, divide it into steps. Consider asking for help.
- One by one, identify which methods work for you.
- If an intervention helps with mood most of the time, it's considered *effective*. These are your first-line treatments. Repeat often.
- An intervention that works part of the time or reduces the intensity of depression without getting rid of it completely is considered *partially effective*. Use these too. A little relief is better than no relief.
- Those that don't work can be labelled *not effective* -- but don't toss out a treatment method until you've given it some time and effort! Sometimes a very effective strategy just takes practice.
- *There might be interventions that aren't right for you; if in doubt, talk to a mental healthcare professional.*

Biological interventions



- Healthy diet
- Getting enough sleep on a regular schedule
- Sleep deprivation (short-term relief)
- Medications: [antidepressants](#) and [augmenting agents](#) *
- Healthy nutraceuticals (SAM-e, Methylfolate, Omega-3 Fatty Acids, 5-HTP, Saint John's Wort, etc)
- Light therapy
- Electroconvulsive therapy (ECT)
- Transcranial magnetic stimulation (TMS)
- Ketamine infusions
- Vagus nerve stimulation (VNS)
- Treatment of co-occurring disorders (antipsychotics for hallucinations, detox for alcohol withdrawal, Suboxone for heroin addiction, or Eye Movement Desensitization and Reprocessing (EMDR) for post-traumatic stress disorder)
- Rule out physical problems that mimic depression, like hypothyroidism
- Treatment of physical problems like [pain](#)
- Endorphins (exercise, laughing, sex)
- Avoid unhealthy behaviors like excessive drinking or using drugs

*All links lead to articles on Dr. Rosenthal's website, kimrosenthalmd.com

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About the author



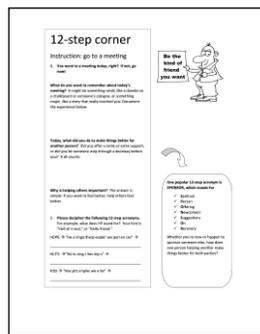
When not writing, Kim Rosenthal practices life as a physician. Dr. Kim's career as a travelling psychiatrist has led her from countryside to big cities to places where no one speaks English. The author is board-certified by the American Board of Psychiatry and Neurology, has licenses in Hawaii, Maine, and North Carolina, and a medical degree equivalency in Spain. Over the past 20 years, she has helped 10's of thousands of people deal with mental illness and embrace a positive future. Mental health is more than surviving bad moments. It's remembering what makes life worth it. These days the author works as an attending psychiatrist at a state hospital in North Carolina.

The author is currently working on a publication for recovering addicts. It's called the *Outside-the-Box Recovery Workbook* and features worksheets about poetry, art therapy, puzzles, and... you guessed it, dozens of cartoons... to help people get past addiction.

If you want to read more articles about depression and other subjects, check out kimrosenthalmd.com. The site includes more than 110 mental health articles plus information about the upcoming *Outside-the-Box Recovery Workbook*.



For more *Outside-the-Box Recovery Booklets*,
check out kimrosenthalmd.com/store



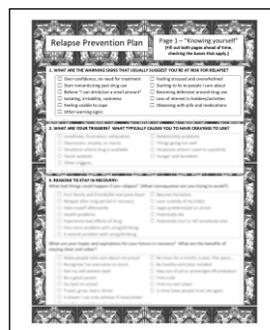
14 Meeting in
14 Days



Introduction to
Drug Treatment



Booklet for
(Maybe) Quitting



Relapse
Prevention Plan



Surviving
Cravings & Life