

# How to Cope with Depression

---

One way to cope with depression is by changing the environment to give you more pleasant experiences while reducing not so good experiences. This can be achieved by addressing the following issues.

**Learning to like yourself better** – Many people focus on the negative aspects of themselves to the exclusion of any thought about their positive assets. This can lead to pessimism, which may result in further depression. You need to instead focus on the positive aspects of yourself and stop dwelling on any problems or self-criticisms you may have.

**Reducing unpleasant experiences** – By not only reducing the amount of unpleasant experiences but also reducing the importance of them, and not taking on other people's problems can result in helping to fight off depression.

**Increasing pleasant experiences** – In addition to doing more enjoyable activities there is a need to also focus more on the enjoyment of the activity (before, during, and after). Pleasant activities need to be scheduled in as well as being used as a reward for achieving goals.

**Increasing mastery over the environment** – achieving mastery of activities results in feelings of accomplishment. Mastery is best achieved through the use of realistic goals, which can be worked on a little bit at a time successfully with positive rewards.