

# Recipe for Building Confidence & Overcoming Depression

By Roundtable Member Susan Kruger, M.Ed.  
ADHD Expert & Founder of [www.StudySkills.com](http://www.StudySkills.com)

KEY: Feelings follow Action!

## Daily

- 5-45 minutes of aerobic activity daily
  - 30 minutes is optimal (See “Spark” by John Ratey M.D.) but ANYTHING is better than nothing
  - Aerobic activity generates serotonin and other healthy brain chemicals
  - Aerobic activity is the only known way to balance brain chemicals and electrical activity
- Do 1 thing each day to improve yourself (examples...)
  - Read something positive
  - Do something for someone else (consciously)
  - Avoid destructive behavior/company
- Write down 1-5 things you are thankful for (additional variations...)
  - 1-5 things you did well today/in the past
  - 1-5 things you learned today
  - 1-5 things you’ve learned/are learning from the current challenge/turmoil I’m stuck in
  - 1-5 things that fulfilled me today (great way to identify new pathway/career for yourself – analyze after 4-6 weeks)

In 2-4 weeks, this will transform:

- Motivation
- Self-talk
- General sense of well-being

Medication can provide a good boost, pending medical direction and guidance (3-12 months if the action plan above is followed) Medication can help sustain the action plan in the beginning

## Additional Options

Once “action plan” is underway, consider the following (seek professional assistance, mentorship...with care):

- Identifying the roots of current problem and feelings
- Don’t judge your feelings. You can’t control them. See “action plan” to change them.
- Attempt to fix or remove people and situations that are toxic sources of influence in your life
- Get out of your “cave” and actively connect with others, even if you don’t feel like it. (Be sure these connections are not with the “Toxics”)

## Notes

- I’ve personally used this plan to climb out of three serious bouts of depression due to (1) severely bad health, (2) severely “destructive” job, and (3) post-partum depression.
- This plan came to me in a fit of rage ... “I’m so damn tired of feeling sick and tired!” So I decided to do something about it. But, it is backed up (and expanded) in a great book called “Constructive Living” by David K. Reynolds.

