

How To Do a “Good” Depression

- Stay still, don't do anything.
- Stay in bed if you can; if not, sit in the same chair or lay on the couch.



- Watch excessive amounts of TV or go online for hours, particularly viewing social media.
- Sleep during the day and don't sleep at night.
- Focus on the past, your fears, faults and resentments.
- Imagine the future will be the same or worse than the past or present.
- Isolate; avoid other people, including friends and family.



- If you can't avoid other people, try to talk to the same person or few people.
- If you do talk to people, talk about the same topic, usually how depressed or unhappy you are.
- Eat poorly; overeat or stop eating. Eat predominantly junk food, sugar, and carbs.
- Don't pursue hobbies, passions, or interests.
- Drink alcohol, smoke cigarettes, and/or use other drugs.
- Don't ask for help.



Adapted from Bill O'Hanlon's "Do One Thing Different"