Contents

Foreword, by Jerrold F. Rosenbaum, MD, and Timothy J. Petersen, PhD xi

Acknowledgments xiii

Introduction 1

Chapter 1. Mental Health Basics 7
  The Basic Steps 7
  Sleep and Depression 8
  Sleep Hygiene 10
  Diet and Nutrition 12
  Physical Exercise 25
  Routine and Structure 33
  Avoid Isolation 36

Chapter 2. Mood Disorders 40
  Major Depression 40
  Bipolar Disorder 44
  Making the Diagnosis of a Mood Disorder 46
  Symptoms of Depression 58
  Symptoms of Elevated Mood 58
  Mood Chart 58
  Depression and Anxiety 58
  The Stigma of Mood Disorders 62
  Fatigue and Depression 64

Chapter 3. Common Obstacles in Depression 67
  Feeling Defined by Depression 67
  Fear of Getting Better 69
  Rumination 70
Chapter 4. Defining Your Baseline  

Chapter 5. Managing Your Mood Disorder  
  Follow Your Treatment Plan  82  
  Talk Therapy  84  
  Medications  85  
  Inpatient Care  86  
  What to Do When You Can't Afford Treatment  88  
  The Relationship with Your Therapist  89  
  Managing Depression and Bipolar Disorder  91  
  Additional Tips for Managing Your Mood Disorder  97  

Chapter 6. What Is the Goal?  
  Wellness as the Goal  99  
  Steps to Wellness  100  

Chapter 7. Relapse Prevention  
  Overview of Relapse Prevention  103  
  Triggers  105  
  Warning Signs  106  
  An Action Plan for Relapse Prevention  107  
  What If I Feel Suicidal?  108  

Chapter 8. Cognitive Behavioral Therapy  
  Thoughts, Feelings, and Behaviors  118  
  How You Think about the World Affects How You Feel  119  
  How You Think and Feel Also Affects How You Act  122  
  Should Statements  122  
  Challenging and Changing Your Thoughts  123  
  Evidence For and Against  126  
  Pleasure and Mastery  127
### Chapter 9. Strategies to Get You through the Tough Times 134
- Coping and Stress 134
- Mindfulness 137
- Distress Tolerance 140
- Communication Skills 142
- Talking with Your Doctor 146
- Tips for Family and Friends 147

### Chapter 10. Dealing with Family and Friends 149
- Family and Friends Who Are Supportive 150
- Family and Friends Who Are Not Supportive 150
- People You Choose Not to Tell 152
- When to Disclose Your Illness 153
- How to Disclose Your Illness 153
- Managing Relationships Can Be Tricky 154
- How to Survive the Holidays with Family 155

### Chapter 11. Pulling It All Together 158

### Chapter 12. Collective Wisdom 161
- Advice from Some Remarkable People 161
- Technology in Mental Illness 167
- Helpful Websites 175
- Books of Interest 177

### Conclusion 179

Appendix 181
Glossary 183
References 187
Index 195