

## Dealing With Your Depression While Maintaining A Family

It is not easy to deal with your fears, anxieties, or depression while maintaining a family. If you have such a problem, the first step is that you should talk to a professional who can get you started in the right path of getting better. Getting help from a counselor or other professional is very important and can provide you much help and insights in dealing with your current problem. Getting help from a professional should be the first thing you do in getting better. In the meantime, here are some techniques a person can use to help manage their fears, anxieties, and other issues. Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. Focus on the present and stop trying to predict what may happen next week. Next week will take care of itself. A good way to manage your problem is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success. Sometimes, we may be nervous doing a certain task that may be scary. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship hockey game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you are playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self Visualization is a great way to reduce the fear and stress of a coming situation. Sometimes we encounter a scary situation that gets us all upset. When encountering these events, always remember to get all of the facts of the given situation. Gathering the facts can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. As a Layman and not as a professional, I realize it is not easy to deal with all of our fears and other problems, however there are all kinds of help available. Remember to take advantage of the help that is around you. The key is to be patient and not to give up. In time, you will be able to find those resources that will help you with your problems.

### About the Author

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents an overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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