

Karyn Ruth White
Laugh and Learn Productions

Telephone: 303-369-8277

1-877-KRWHITE

Address: 3551 South Monaco Parkway, Suite 307
Denver, CO 80237

Fax: 303-369-1018

Email: krw@karynruthwhite.com
Website: www.karynruthwhite.com

The Black Dog
by Karyn Ruth White

Many people talk of having a feeling of general malaise, they can't explain it, but they just feel down. The truth is, feeling down, depressed, discouraged, etc. is a normal part of life. If you're feeling down, remember, you are not alone. Even the great Winston Churchill had regular bouts with depression, which he called "getting a visit from the black dog."

We don't talk much about "the black dog" in our everyday lives. We put on a happy face for the outside world, and then we go home, open a bag of Cheetos, put on our jammies, unplug the phone and weep. Hey, weeping is good, it's a great form of stress release and it's healthy for your body. After you've had a good cry, try something that always works for me. Try watching yourself in the mirror as you sob. Now, that's funny! My face usually turns a lovely shade of crimson, my eyes look like Boris Karloff's and my nose turns fire engine red.

In his book, *Care of the Soul*, Thomas Moore talks about listening to the messages that depression brings. He states that there is a certain beauty and richness of meaning in depression if we are willing to be still and listen.

Here are some things to remember the next time you're feeling down:

- 1) You are not alone, even though you may feel like it.
- 2) Give yourself permission to do absolutely nothing if that's what you need.
- 3) Try to get out of the house and into the world. Go to a movie, a museum, a bookstore, something. Trust me, you *will* feel better.
- 4) Write down 10 things you are grateful for in your life. That will help you keep perspective on your current misery.
- 5) When someone asks you how you are, it's okay to admit you're feeling down. Give yourself permission to be honest about how you're feeling.
- 6) Try to listen to your soul. What is the bigger message behind your mood? Are you spending too much time alone? Do you hate your job? Are you feeling "stuck?" Use this down time to evaluate your life and perhaps initiate some changes.
- 7) Laugh at yourself while you cry in the mirror.
- 8) Do something that gives you pure joy!
- 9) Get out of your head for a while and do something physical. That always helps me feel better.
- 10) If your depressed mood persists (longer than a week or so) it might be time to ask for some help. Remember, asking for help is not a sign of weakness.

Karyn Ruth White is a National Humorist and Life Skills Coach. Visit her website at www.karynruthwhite.com.