

# What The Melancholy Can Do To Help Themselves

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- Deal with anger constructively.
- Give others and themselves the right to be imperfect.
- Forgive themselves and others for past mistakes.
- Find life situations where they can provide themselves with the quiet time alone they need every day.
- Provide themselves with life situations where they can undertake tasks that have a minimal amount of interaction with people.
- Find employment where they can work one steady shift. This will add to their efficiency.
- Develop habits of doing the same things at the same time every day to reach optimum productive potential.
- Keep their minds focused on the positive things in their lives in order to lessen moodiness.
- Show deep, tender feelings in ways that are comfortable to them and that others can understand.
- Replace bad habits with good habits.
- Maintain proper level of work, relaxation, diet and exercise to maintain energy levels.
- Challenge intellectual energies in times of stress by reading, working, or other pursuits. This will also help break the downward thinking process.
- Do not force themselves to socialize often or for long periods of time.
- Develop a deep personal relationship for which they would give up their lives. This will lessen loneliness.
- Focus their minds on the way people show their love for them instead of the ways they do not.

An Excerpt from:

**Creation Therapy**

A Biblically Based Model for Christian Counseling

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