## **Top 10 Practices For Depression**

Top 10 gentle, expert-recommended practices to support you when you're feeling low and need a mood boost

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Noticing & Acknowledging Your Emotions
Lama Rod Owens



2.

The RAIN of Self-Compassion
Tara Brach



3.

Healing Session For Depression
Andrea Wachter



4.

Gratitude For All The Things
Terri Cole



5.

<u>Tender Self Compassion Break</u> Kristin Neff



6.

Soothing And Settling The Body With The Breath Lee David



7.

Mindful Walking
Kathryn Remati



8.

Reversing Depression
Shelley Klammer

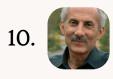


9.

The Emotional Body Scan

Dora Kamau





Breathing Meditation

Jack Kornfield

