




















# 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
- **The RAIN of Self-Compassion**  
Tara Brach
- **Healing Session For Depression**  
Andrea Wachter
- **Gratitude For All The Things**  
Terri Cole
- **Tender Self Compassion Break**  
Kristin Neff
- **Soothing And Settling The Body With The Breath**  
Lee David
- **Mindful Walking**  
Kathryn Remati
- **Reversing Depression**  
Shelley Klammer
- **The Emotional Body Scan**  
Dora Kamau
- **Breathing Meditation**  
Jack Kornfield