

WALKING THE BLUES AWAY

Think ahead. To get motivated, it may help to think about how much better you'll feel by the time you get back from a good walk.

Take some deep, slow breaths. Do this before you start out, to begin relaxing body and mind. Once you get moving, your breathing will deepen naturally. Walk briskly, but don't push too hard. You don't want to complicate matters by injuring yourself or becoming overly sore or stiff.

Act upbeat. Smile, lift your head, straighten your back and imagine

how you walk when you're feeling most lively and confident. Behavioral therapists say that sometimes—as simplistic as it may sound—acting happy can make you feel happy. **Plan a specific route and stick to it.** If you're feeling confused and depressed, wandering aimlessly may add to your anxiety.

Walk to the music. If you have a cassette player, pop in a favorite tape. We've all experienced the mood-altering potential of music.

Make noise. Lots of times we're depressed because we're harboring unexpressed anger. Walking can help dissipate some of that stored-up emotion. And you can help it along by what psychologists call "venting." Allow yourself a little growl or groan as you walk. Or a sigh, if you're feeling more sad than mad.

Banish tension. Be aware of your shoulders as you walk. When we're tense or anxious, many of us hold our shoulders high and create tension in our upper back. Let your arms swing, but don't force them.

Share the load. Find a compassionate walking partner. Sometimes we just need somebody to talk to. Someone who knows how to listen without judging or giving advice. We need to speak out about what's bothering us, instead of letting it rattle around in our heads.

1 - Organic Mind
2 - Incident triggering
3 - anger turned inward
→ KINDS OF DEPRESSION

Help Is Available For Depression

The following organizations provide counseling and therapy for depression. They charge fees based on a sliding scale (you pay according to how much you can afford), accept Medicaid, or provide free counseling. Call for information.

Asian BI-Cultural Clinic
Gouverneur Hospital
227 Madison St.
New York, N.Y. 10002
212-238-7332

Harlem Interfaith Counseling
Service
215 W. 125th St.
New York, N.Y. 10027
212-662-8613

James Weldon Johnson Family &
Children's Counseling Center
2089 Third Ave.
New York, N.Y. 10029
212-876-0300

Jewish Board of Family and Children's
Services
120 W. 57th St.
New York, N.Y. 10019
212-582-9100

Puerto Rican Family Institute
116 W. 14th St.
New York, N.Y. 10011
212-924-6320

Youth Counseling League
138 E. 19th St.
New York, N.Y. 10003
212-941-9090

Telephone Hotliner

The Samaritans
212-673-3000
(24 hours a day/seven days a week)