**Antidepressants without prescription**

It is not practical to try everything at once. Try some of the items listed here. Focus on the ones that suit you best. Go back and look at the list from time to time and try to add others. Refer back to the text for details. Check on progress with the Oxford Happiness questioner. http://www.theguardian.com/lifeandstyle/2014/nov/03/take-the-oxford-happiness-questionnaire

**Effective scientifically proven antidepressants**

● Have friends that make you happier and see them often

● Be thankful and express it to others

● Help others

● Have empathy

● Have integrity

● New social experiences

● Live in the present

● Be in awe

● Savor life

● Have less stuff

● Do not covet

● Have a belief system that eliminates being upset (Albert Ellis)

● Do not worry about status

● Do not chase pleasure

● Smile

● Practice mindfulness

● Meditate, Three variations

● Forgive

● Look for flow experiences

● Get adequate sleep

● Join a Church and attend small group meetings

● Limit added sugar (Better yet, eliminate added sugar)

● Exercise

● Have a purpose in life

● Have blue light in the day and not at night

● Limit TV and do not watch the news

● Limit electronic communication

● Hug as often as socially acceptable

● Eat Anti-inflammatory compounds

**Ineffective and counterproductive treatments**

● Alcohol, Nicotine and other depressants

● Candy (Sugar)

● Ice cream

● Marijuana (D. K. Hall-Flavin, n.d.)

● Oxycodone and other opioids

● Caffeine and other stimulants

● Food