

October 1986

PEP Pioneers  
Little Company of Mary Hospital  
Torrance, CA 90503

Dear Friends:

**Diagnosing and Curing the Blues**

Please -- I don't want anyone to read this unless they have really had "the blues". Not just a bad day or two. I really mean "the blues". I mean really down in the dumps. So if you've never been there -- please do not read any more.

Notice that I said -- been there. This means you got out of it somehow -- or maybe you're still in it. The point of all of this is how to get out of it. A wise man once said, "Anything you can get into, you can get out of." That sounds like a simple solution to a complex problem, doesn't it? Sure. But let's explore the reasons we get into the blues.

- |                         |                        |
|-------------------------|------------------------|
| 1. I don't feel well.   | 6. Time is passing.    |
| 2. Nothing goes right.  | 7. I lost something.   |
| 3. It's still the same. | 8. I can't sleep.      |
| 4. There is no hope.    | 9. No one understands. |
| 5. Nothing changes.     | 10. It's no use.       |

Now score yourself. If you have five or more of these human feelings, you definitely have a case of "the blues".

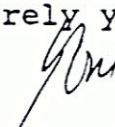
That's quite a list. Now let's look for a solution. This is your personal checklist of how to get to feeling better.

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|----------------------------------|-------------------------|
| 1. I am still alive.             | 6. I love somebody.     |
| 2. I got past yesterday.         | 7. I heard a joke.      |
| 3. A friend has more problems.   | 8. I have faith.        |
| 4. I remembered something funny. | 9. It's getting better. |
| 5. Someone is coming to visit.   | 10. I can laugh.        |

Now score yourself. If you get five or more on this list you have already found a way to cure the blues.

I'll see you next month.

Sincerely yours,

  
Thomas L. Petty, M.D.  
Professor of Medicine

