

*Natural Health and Wellness*

# ENDING DEPRESSION



TYLER WOODS PH.D.

LATER MOODS, B.H.D.

**Copyright Mindhance/Septic Radio 2012. You are granted permission to redistribute this document in its complete and unaltered form only. Nothing can be added or deleted including, but not limited to: links, articles and this copyright notice.**

**Affiliate Disclosure: This ebook contains affiliate links. The distributor of this book will receive a commission if the product linked to is purchased after the buyer clicks on the link.**

Disclaimer:

You must not rely on the information in this document as an alternative to medical advice from your doctor or other professional health-care provider. If you are having a crisis call 911 or your local emergency services. This document neither diagnoses illness or proscribes treatments

The author will not guarantee the accuracies of the information provided here. The information contains in this E-Book represents the view of the author as of the date of publication. The author reserve the right to update and alter their opinion based on the new conditions.

While the information provided here has been verified with every attempt, neither the author nor their affiliates / partners assume any responsibility for errors, inaccuracies or omissions.

Hi, this is Dr Tyler Woods and I am glad you are here today looking the Ending Depression Guidebook. It is such a great step you are taking to try to look your depression in the face and attempt to find healing and relief.

I know this first hand as I was a very depressed person as a child and into my late 20's. Depression consumed my life. I seemed like I was okay on the outside, but on the inside, I needed to work daily to find one more reason to stay alive.

I tried medications, therapy, none of it worked. What finally worked for me was I had to accept my depression, be willing to look at what caused the depression and make an inventory, look at what purpose my depression was serving me, have the willingness and ability to move through it and let go and finally maintain my mental health by maintaining my physical and spiritual health. I am not saying it is easy. In fact, if you want to fix your depression once and for all, it is very hard work—if you want to mask it, that's easy, just take medication and keep doing nothing. Or—work on yourself. Now some people may need to take medication while they are working on themselves and hey that's okay, know it is temporary.

I had a friend with depression, and she was put on a series of medications for it. A few years down the road I asked her what she was doing and she said, I have just been sitting waiting for the medications to work.

I guarantee you; it will not work unless you do the work. If you are taking medication and not doing other things then you are simply getting the placebo affect. Medications or not, depression is a process that requires our attention. So pay attention to it.

I hope that I can help you pay attention a little more with this book. So get ready to go to work and begin to heal your depression.

The information that I am proving you with is based on my research and working with clients who have successfully worked through their anxiety. It has been carefully constructed to help you with comfort and ease and to keep the process simple and understanding. I hope you find it a basic and simple approach.

## **Understanding Depression**

Depression will hit about 30 million people in America this year. Men, women, and children of every age, size, and culture can endure symptoms of depression. Depression hurts everyone around us, including the person suffering from it.

Ever wondered what causes depression? I do all the time and I get that there are many causes to depression. Certain medications such as beta-blockers or reserpine, can increase your risk of depression. Any sort of abuse past or present, physical, sexual, emotional or spiritual can cause depression. Death of a loved one, personal conflict and of course family history of depression may increase the risk of depression.

Other factors can include work or even lack of work. Major life events can certainly cause depression even if it is good like getting married, having a baby, graduating or moving. I think a huge factor in depression is social isolation. Many times people do not have social lives run the risk of depression.

Sometimes depression stems from chemical imbalances. Illness and pain can cause depression and substance abuse can cause depression. In fact, did you know that 30% of people with substance abuse problems also have major or clinical depression?

So there are many causes to depression and these were only a few of them. Our mind-body and spirit can be fragile at times and we need to be careful and take care of all three of these in order to avoid depression. Knowing the signs of depression can be a big step in getting the proper treatment that a person requires in conquering depression.

Depression can make you feel sadness for hours, days, or even week. Depression can cause you to loose interest in activities, socializing, and entertainment. Depression can also make you feel hopeless and empty inside. Furthermore, depression can make you feel stressed out, anxious or nervous, and overwhelmed.

You may have trouble in focusing or concentrating on your responsibilities and duties in life. The action makes it difficult to make sound decisions. You may also feel irritable, or experience excessive spurts of guilt. As well, you might feel worthless, and restless. Sometimes you might even think suicidal thoughts.

As for the physical aspects of depression, you may feel tired, or feel your energy has been, drained from your life. Depression can make you feel like over sleeping, or else like staying awake. Your sleeping patterns start to diminish, which can lead to health problems. You might find it difficult to maintain a diet. Thus, some days you may overeat, while other days you may not eat enough. Still, you might experience pains and aches, which doctors may not see reason for the hurt. Depression will lead to headaches, pains in the back, problems with the stomach, and wooziness.

Body aches for no reason at all, weight loss or gain; thinking has become hard to do, you feel as if you can't store no, more thoughts in your head or you can't remember. Other symptoms of depression include, if you sleep too much, or seem not to get enough sleep after sleeping during a normal night sleep.

A person might feel tired all the time, with no ambition to do anything. You feel more than blue or suicidal thoughts. You feel like you are living with no meaning. This is just a few symptoms can be identified as being depressed.

These are just some of the signs, symptoms and causes of depression. Now that you know a little more about depression, we can get to work on trying to deal with our depression and eventually even heal our depression.

Remember that there is no such thing as once and for all. Depression has the ability to pay us visits when certain events and changes happen in our lives, however, with these guidelines and some knowledge, you may have the tools in your toolbox that you need to protect yourself and keep depression at bay.

### **Depression Check List**

1  I am aware of how my body feels today

- 2  I am aware of how I am feeling emotionally
- 3  I am aware of how I am feeling spiritually today
- 4  I am aware of my concentration levels today
- 5  I am aware of how much energy I have today

### **Thought Affects Biology**

I tell my clients to be careful what they think because what we think is what we get. It really is that simple. If you say you are no good, then you will be no good. Pretty soon you will believe it, and then you will find that your biology will display it.

Impossible you say?

There is no hard scientific verification for the exact causes of depression. Basically it's all based on theory. Measuring symptomatic chemical changes and other physical variables and then presenting them as factual is nothing more than trying to make a square peg fit in a round hole. There is no one cause and there are many symptoms.

What we do know is the same physical changes can be measured by various meditative states. In fact, a simple forced smile on your face will induce beneficial and measurable chemical changes in your body.

So thought and action produces chemical changes otherwise thought affects biology.

To put this theory into action Masaru Emoto discovered that water subjected to positive thoughts formed beautiful crystals and water exposed to negative thoughts formed either no crystals or deformed ones. He concluded that the water was affected by thought and we are 80% water.

His further research showed that different thoughts could be stored in water and have a positive effect on the human body. Of course, many people may think this ridiculous but research shows the properties of

water are affected by thought and other forms of energy such as magnetic fields.

It is well established in psychology that attitudes and beliefs affect thoughts. Thoughts in turn, affect our behavior, our bodies and even our state of health. But what if thought was more powerful than just affecting behavior and our personal well-being? What if thought actually affected our biology? Well it does.

This stands true for beliefs as they have a direct affect on our genetic make up. If I believe subconsciously I am going to get an illness then my genes get "switched on" to this vibration stemming from my thoughts and beliefs.

This underlines the important work that we need to get to the subconscious level and clean out old beliefs and thoughts we either learned or inherited if we want to affect our beings positively at the gene and cell level.

Understanding how your thoughts and actions influence your genes provides you with an unparalleled opportunity to find true happiness as an individual.

If our perceptions are positive, then our biology should be in harmony with the world. But if our thoughts and actions are negative it leads to depression and illness.

As our perceptions of life changes, so does our genetic expression. By our consciousness, we can create anything from a happy state of mind to depression.

Psychologists have revealed that 70% or more of that thinking is negative and redundant. But that is changing. The evolution that we're going through right now is an evolution of awareness. As our awareness of how mind affects biology grows, our beliefs and potential expand. And voila! The actions and experiences in the world around us change, as well.

Bottom line, what you think is what you become. It alters your biology. So next time you say you are no good, or you don't matter, or any of the other negative messages you feed yourself, your genes will

begin to believe you. This is why depression has a huge biochemistry effect. So when someone says depression is a chemical imbalance, know your thoughts can help balance the chemicals.

The important lesson to learn from the research from Dr. Emoto and other researchers is that thoughts are powerful and affect us. It is important to make sure our thoughts are positive thoughts!

The only problem with this is how do we keep thoughts positive? One self-help strategy that many have found effective is to change your thinking about yourself, or self-talk. To those who suffer from it, depression has a voice of its own, and generally, these messages are negative and hopeless. Simply changing your self-talk from helpless (I can't...) to empowering language (I choose not to...or I may be able to...) can help relieve a sense of despair.

What is the negative thought you have right now?

---

---

---

---

---

---

---

Why do you want to believe this?

---

---

---

---

---

---

---

What if you believed in something different?

---

---



---

---

---

---

Take that same thought and turn it into something positive

---

---

---

---

---

---

### **Spot the Emotions Stop Disguising Them**

Emotions either master the mind or take over the life. Your emotions can work as your friends or be your enemy. Emotions are the masterminds behind depression, panic, anger, joy, fear, and so forth. You need to learn how to manage the emotions while conquering depression.

Emotions can learn, set beliefs, views misconceptions, tricks, teach, lies, robs, lies, and deceives the mind if you let them. Your emotions are powerful.

If you look hard at your emotions then you will learn to find truths, you will build confidence, self-assurance, self-esteem, self-respect, self-trust, and other healthy qualities. The process of achievement brings good rewards, since you will feel complete. Still, you must consider the heart conditions.

So how much of your emotions are creating your depression? What are you telling yourself and what do you believe about yourself?

Emotions like shame, anger, frustration, blame, guilt, self-hate, are all things you may label as depression.

Managing depression takes you trying to spot the emotions that triggers you and lead you to do things you do not want to do including having negative emotions.

So rather than disguising the emotion, why not feel the emotion? You may say you're depressed when really you are angry. You may call your low self-esteem depression. In order to beat depression you have the name it and claim it!

Stop disguising your depression, feel your emotions, give your emotions a voice and express them, the worse that can happen is you may find you way through your depression.

1. When I'm depressed I feel:

---

---

---

---

---

---

---

2. If I was not depressed what would I feel?

---

---

---

---

---

---

---

3. What does my depression need from me today?

---

---

---

---

---

---

---

4. What Emotions bother me more than depression?

---

---

---

---

---

---

---

**Acceptance**

Depression is a process not a problem. Furthermore, depression must be accepted before we can heal from it. When we get depressed, we spend most of our time saying, "I don't want to be depressed," "it's too hard", I don't like it." Pretty soon we start complaining about being depressed. Then the next thing you know depression has consumed us by the simple act of pushing it away.

It may be hard to accept your depression, but in order to work on it, you need to accept. You see depression on most days wants attention. It will go out of its way to get it. We spend most of our day ignoring it. However, it wants something.

Rather than hiding from it, or complaining about it, why not accept it? Cheri Huber who wrote the Depression Book says one should through a depression party to celebrate depression. I have had clients celebrate their depression by a "welcome to my depression party" where they bake a black cake and serve black bean dip and have people wear black and they celebrate the darkness of depression.

It seems this celebration moves people into accepting their depression and actually celebrating life. In some forms of ancient medicine, depression is looked at as hibernation, much like a bear that hibernates in the winter and it comes fourth stronger than ever.

You see the moment you do something like celebrate your depression, you are letting go of the resistance which takes up so much of your energy.

By letting go and accepting your depression, you are actually creating a place to embrace the part of you that is suffering. You no longer have to punish yourself because you have accepted yourself.

If I were to accept me depression I would feel:

---

---

---

---

---

---

---

If I was to throw a depression party it would look like:

---

---

---

---

---

---

---

I would invite

---

---

---

---

---

---

---

What stops me is:

---

---

---

---

---

---

---

## **Gratitude Helps Depression**

Depression is a pessimistic state of mind. It's a feeling of despondency that can be caused by inactivity, a deteriorating economic state, sickness (your own or that of a loved one), a spouse or friend walking away from your life or even hormones. In other words, depression is what a positive attitude is not.

Depression first chokes and then, if not checked, goes on to completely destroy positive thought. It sends the positive thoughts and attitude process on a downward spiral, and places the depressed person in a zombie-like stupor.

A depressed person slows down at work, ignores or avoids his friends and relations and remains in a condition of perennial dissatisfaction. That was the mental angle a depressed person is hampered on the physical front too because negative thinking depresses the immune system. Additionally, a depressed person suffers from fatigue and keeps falsely imagining that he is affected by some disease.

Depression has to be recognized and rebuffed as quickly as possible. The first thing that a depressed man may do is to reach out for anti-depressant pills, which give a temporary relief from depression. On the contrary though, depression usually stems out of a negative thought process and the best way to fight it is a positive mental attitude. Yes, a depressed person needs to start thinking positively to ward off depression, and one of the greatest factors that can usher in positive thought is the feeling of gratitude.

Gratitude, or thankfulness, is an appreciation of a benefit received. Expressing gratitude makes one feel good and also tanks him up with positive vibes, and he begins to feel upbeat and full of encouraging energy. The body will be energized and actually healthier. The big question, however, is what to be grateful for and to whom to express our thanks.

Well, the answer to that question lies inside any one of us. If we take a look at our own lives, we will find innumerable instances that we can be grateful for. For instance:

We can thank the lord for giving us a good night's rest, for a great sunny day and for the birds chirping in our backyard. If we have friends to fall back on, we must thank them for just being there for us. If we are healthy, we can thank nature for giving us a robust body constitution; if we are unwell, we can thank the doctors for bringing us out of our condition. If we have a good and caring spouse, we must thank him/her for being our partner for life.

These were just a few instances but, you will find many more reasons to feel gratitude towards Nature and towards your family/friends once you start looking at your life. So, go right ahead and do that, and when you discover the little things that add that sparkle to your existence, humbly express your gratitude to them.

The gratitude expressed will promote positive thinking, which in turn will drive away the darkness that depression has exploded into your mind. Gratitude will drive away the fears planted by depression and sprinkle your mind with good cheer, and once you are cheerful, the world will be wonderful.

To Do:

- 1) Make a list of 10 things that you are thankful for "right now".
- 2) Put up a sign reminding you to make another list every day.
- 3) Add to your list during the day every time you start having any negative thought.
- 4) Save your lists in a scrapbook.
- 5) Read your scrapbook if you are having trouble remembering anything you are thankful for.

## **Facing Reality**

Reality, the hardcore facts of life: Reality is an enduring concept that makes many feel many ways, which are emotional responses, including depressed, We have wars, report of wars, violence, porn, loss, newborns, marriage, separations, divorce, and the like. We have injury and illnesses, which sometimes we cannot understand. Consequently, these things lead us to depression.

Reality is a part of life. As we face reality we discover realism, yet we do not always accept what reality tosses in our direction, which builds direction or destroys our pathway to survival. We strive to understand authenticity, which brings us to, the truth, yet our certainty and veracity brings us to decide and conclude what the truths really are and what they have to offer. We come to idealism.

Sometimes we need imagination to take us to another world outside our own. Sometimes we need imagination to explore the possibilities, which is ok, if we look for answers within ourselves, while keeping reality in mind.

What are the answers? We can only look inside self to find the true answers, yet sometimes we need help, and support to bring us to relief.

One thing I learned in life is that we are go-through experience of stress ongoing. The upside of stress, is you can welcome stress without feeling threaten by it, or you can let it control you. You can enjoy the challenges of stress. Stress is a word that either makes or breaks you. If you want a leader mind, you need stress to make it happen.



Stress is ongoing. You cannot stop it. If you think you can then you are only destroying your own state of mind. What is stress? Stress is loss of loved ones. Stress is financial burdens. If you think you are alone, consider the millions of people suffering.

Most people lean on idealism, which those in realty they claim PDST, bipolar, and so forth, thus deeming them as superficial. Let me bring you to reality. The world presents wars, death, financial burdens, and the like. If you want to live in reality, thus do whatever you like.

Reality is not unpleasant. It is a goal and plan we set that makes our lives come together. When you set goals and plans for self, you will see an amazing heavy lift come from your shoulders and mind. The lift will build up what the trauma force took away. What caused the trauma then lead you to feel depressed, by taking away your self-worth, esteem, confidence, and the like. Now all you have to do is build it back up so that you feel good inside. What does it take? It takes work.

If you prepare to build self-esteem and all those other good qualities, you will need to work by using the mind to discover new ideas. You want to connect with details in the mind, although some may be painful. Learning to walk through the pain while trampling along the path will help you find relief, which helps you to manage and conquer depression.

What part of reality creates depression for you?

---

---

---

---

---

---

---

What part of reality makes you feel good?

---

---

---

---

---

---

---

### **Dealing With Depression Through Writing**

I feel depressed. What can I do? You could run around the block, ride your bike, or dance to music. On the other hand, you could eat something you had not eaten before. You could also pick up pen and paper and write, or else type on your computer.

I know I know how much you probably dislike hearing that. In fact I once fired a therapist for telling me to journal. Thirty years later, I understand what she meant about journaling. Maybe journaling is the wrong word. I am a writer, a wordsmith so to speak, so let's just call it writing shall we.

When life gets you down you have to pull out your thinking cap and go to work. Once you get started, you will soon discover new ideas that will bring you relief. When you have the blues, writing can help. In fact, out of all the therapeutic solutions in the world, writing is the top of the list, thus being the best remedy in treating all sorts of problems, including depression.

Writing is the process of expression feelings, which link to emotions and emotional response. Thus, to help you see how it works we can consider a few possibilities.

Statement:

I am tired of feeling depressed.

Remark:

I never seem to come out of the blues.

Recovery plan:

Affirmation through paraphrasing:

**How it works:**

Write down what you confirm to be true. Next, write down an assertion you feel you can accomplish. Make it a pronouncement. Avowal that you will achieve conquering your depression then announce to your friends and family that you intend to manage and conquer your depression. Now write a statement that clarifies that you will search your mind to find solutions in managing and conquering your depression. Next, use verification while corroborating you ideas, and finding proof of your facts to manage your depression and conquer its symptoms. Remove any contradictions by finding and writing new ideas.

Next, paraphrase or summarize your ideas. Write them down by rephrasing your ideas and findings. Reword areas that are confusing while interpreting the meaning of your ideas that could help you manage and conquer depression. Translate your writing to find meaning and purpose. Restate your purpose and meaning. When you irrationalize sometimes you lack in reasoning. Irrationalizing is the process, which is contrary to logic or reason. Irrationalizing makes it difficult to think with a clear mind, which often occurs when injury, shock, or effects of the brain occur. Still, irrationalizing is, conducted in math problems, thus it is, exploited to figure out answers to questions.

This also helps with our rationalization. Sometimes we rationalize, which provides us reasonable explanations in justifying behaviors. Sometimes those behaviors according to society are unacceptable, which no apparent explanation finds reason. This is part of the problem, since society cannot define us as a person, and nor does society have all the answers. Therefore, if you have a behavior acceptable to you, it should not matter what society thinks of you. In

other words, do not, sweat over what others think instead be you. This is a common problem, i.e. people often worry about what others think of them, and this often leads to depression.

We often have to rationalize when dealing with influences of the world. Just because someone thinks, the persons' think they are better or have more power than you do not mean they are right. The logic falls on the theory, which a custom belief of assumptions placed on us all, and that we have to conform to adjust to other peoples' rules. We have the right to tell anyone that we do not agree with, no. Simply put. Sometimes the way the world assumes we are lead to believe that we have to respond to their questions straightaway. The world of people expects us to answer in fifteen seconds, otherwise we are liars or confused. The fact is these people have problems because our rights say we do not have to answer if we do not wish too, nor do we have to answer straightaway. In fact, an intelligent person will say, let me get back to you on that. Now that you have a brief on your rights, assumptions, and irrationalizing, let's see how we can conquer your depression while learning to manage our lives.

So I am going to offer you a short test. Do not feel threatened, since there is no right or wrong answers. The test is word by association and may help you on your writing process.

Sad – Speak what's on your mind. What do you think of when you are sad? While thinking use new ideas and broaden your reasoning so that you can spot details and conclude your decision.

Isolation – What comes to your mind when you think of the word isolation? Do you think of antisocial? If so then you are wrong, since it is your decision to decide if you want company or not. Just because you isolate does not mean you are antisocial.

Worthlessness – What comes to your mind when you hear the word worthlessness? Are you telling me you have no value? Are you telling me that you are insignificant or triviality? You do have value. Thus, if you are telling me you are worthless, then read this article again, because you are irrationalizing without using mathematic resolves.

Ok, now I want you to take out a piece of paper and write down what you feel. How do you feel? Write down each detail, and then use your mind to discover purposes and meanings behind your logic, or way of thinking. I want you to continue by keeping a journal each day, thus recording your thoughts, feelings, and pain. When you are finished review the information and write down what you learn.

If you continue to write it will help you move to conquering depression while managing your life. As well, use word association strategies to define exactly what you feel and think.

### **Misconstrued Beliefs**

Beliefs are powerful. They can make us or keep us down. We can believe in ourselves, or believe we are worthless. When you believe in something you have a level of commitment to it. Agreeing or disagreeing with an idea can indicate you have a belief about it.

Belief systems are the on and off switches to our lives. They determine whether we are focusing on what we want or what we don't want. They express your attitude about things, and your way of thinking and looking at things and they dictate our approach and outlook to life.

Beliefs are based on assumptions, theories, explanations and conclusions that were either taught to us or that we decided for ourselves. Problem is these beliefs often become so ingrained, due to

repeated situations which seem to "prove" their legitimacy that we may confuse with facts and we may misinterpret these "facts" which can create a negative outlook.

We all misinterpret things, which expands and soon hundreds or thousands of people are misinterpreting the same things we misunderstood. Sometimes we get the wrong impressions or ideas, while miscomprehending what we heard or read. Misconstrued beliefs are one of the world's major pitfalls to reach success. We come from all different nationalities, culture, ethnicity, race, genders, age groups, backgrounds, and so forth. This is part of the problem, which could easily be resolved, if only people would stop misconstruing beliefs. The problems only lead to depression.

Beliefs come from our attitudes, viewpoints, ideas, thinking, values, and way of life in whole. Our attitudes are the way we approach life, which marks our outlook for the future, in the way we present ourselves. Our viewpoints are perspectives that put us in position of a standpoint. When the mind refuses to believe anything else other than what it was told and accepted, thus it affects our ability to think, design, plan, scheme, suggest, propose, initiate, brainstorm, image, impress, and the like.

Our thinking process includes the ability to think, conjure ideas, philosophize, accept wisdoms, and so forth. Our thinking also affects the way we view things, while enabling us to give opinions. We use thinking to make sound judgments, or assess our beliefs.

Some of the common beliefs that stretched down through the centuries, which terrified or instilled fear into many, is that while you are sleeping monsters lurk beneath your bed. It is amazing how this single belief has instilled fear into millions of people. Yet, how real is it? Are you ready to get technical? The fact is monsters are less apt to lurk beneath your bed, while predators are prone to lurk beneath beds in some instances. Therefore, there is reality behind this misconstrued belief, yet you have to face the reality head on while realizing parts is untrue.

Evolution is one of the widely disputed and controversial beliefs installed in people all over the world. Scientists are leading people to

believe they arrived from apes; however, evolution is the process of developing. Evolution is also growth, progress, advancement, or progression.

On the other hand, creation is making, foundation, establishment, conception, manufacture, invention, nature, life, and so forth. Compare the two and you will soon learn you were, created for intended purposes. Perhaps depressive minds thought in this nature, obviously; otherwise, they would have explored the truths to find they too, were, created. If you think, you arrived from apes, then act like a gorilla and get over your depression. In fact, goofing off my help you relieve stress. It works for me.

One of the common misconstrued beliefs for men is that "Big boys don't cry." Crying releases emotions, which releases pain, despair, sadness, and the like. Therefore, whoever came up with this notion has serious issues. In other words, they have misconstrued beliefs and ideas. Men are people too and they will hurt as anyone else will hurt, therefore, gentlemen let those tears go. Thus, crying is pain relief.

Misconstrued beliefs overall can send you down the wrong road, including into depression. You may want to check your beliefs to verify if it is truth. Once you start finding the truth, you will soon learn that relief has been in your corner all along. Reach out and let your mind explore the possibilities, since many are in your mind there to find.

### **Managing Self Induced Depression**

I know you don't mean to create depression. No one does. Did you know you could self-induce thoughts, actions, words, and feelings into your mind? Self-inducing means to persuade self to do carry out actions, while influencing the mind to act or think of someone or something. For instance, she self-induced the fear in her mind that she would fall if she climbed the ladder. Self-inducing produces a physical

or mental state reaction. Now, did you know that some types of depression are self-induced?

Depression is an emotional state of mind. Just as you tell yourself you feel sad, you can interject thoughts in your head to tell self you are happy. Interjection is the process of exclamations in action, which express emotions. The interjections pronounce sounds, words, phrases, expressions, strong emotions and the like, including pain and/or surprise that ordinarily would not have meaning.

The mind composes the subconscious and conscious mind, thus sometimes we are unaware that we self-induce feelings, words, actions, and the like into our minds.

Sometimes we use introjections, which are adoptions of other person's values. This means we unconsciously interject values and/or attitudes into our minds, which come from others' who we wish to impress, or sometimes people who we want to accept us.

Sometimes we even use projections to estimate our worth. The projections can turn to protrusions. Projections is the unconscious mind, which transfers our inner mental life through ascriptions of personal feeling, thought, impulses, and the like, reflecting them on others.

Therefore, you want to check your depression to make sure it is not self-induced. Life has its vicissitudes, however most times we can self-induce in our minds to strive for the future with positive prospects in mind. When you suffer depression, you are only denying self, as well as reflecting your influences on other people around you. This leads to family chaos, loss of friends and family, and so forth. The highs in lows in life are merely facts of being of worth or valuable. The unexpected change (s) in vicissitude light, could only lead to good fortune if you allow it.

Most depressed souls wallow in their own pity. Most times, they will reflect their feelings and thoughts on others' asking umpteen dozen questions, and all the while, they hold the answers themselves. I have overcome many mountains, and still climbing. If you can learn to overcome your mountains, you will come to conclude that anything life



has to offer you, there is an answer. Thus, the overall answers to manage and conquer depression lies within you, still you need to build qualities that make it happen.

Block building:

Confidence: I have confidence that I can count on my self-reliance to manage and conquer my depression. I have faith and will reform my beliefs if necessary, to manage and conquer depression. I will seek support, while remaining loyal to manage and conquer my depression. I have doubts. Start building blocks against those doubts, since doubts is only failure waiting to happen. You should never doubt anything you do in life.

What are my beliefs? What do I have faith in and where are my convictions? What are my principles? Now, use your idea making tools to pull up some answers. The more you train you will find confidence to achieve, trust in you, and certainty that will remove distrust.

Examine self-respect and self-esteem. What did you come up with; self-esteem and self-respect is primarily one in the same. Once you start building confidence your self-respect and self-esteem will rise. Keep in mind, when you do not respect you, you will not respects others, which could lead to great loss. Oh, those nasty feelings of depression.

## **Food and Mood**

Everything we eat affects our moods. More and more mental health professionals agree that diet and depression go hand-in-hand, confirming that healthy foods help relieve depression. Through extensive research, science proves that there is truth behind the statement that food aids in relieving depression. Brain chemicals (neurotransmitters) such as dopamine, serotonin, and norepinephrine appear to be influenced by the foods we eat.

Did you know a turkey sandwich can calm you down? Feeling stressed? Then have tuna salad in an avocado followed by a cup of frozen sorbet.

People who experience mild depression may be happy to discover that eating foods that contain folic acid can help them feel better. People who experience mild-to-moderate depression are often deficient in folic acid, and eating foods that contain this vitamin could help reduce the high levels of homocysteine associated with depression.

Some of the leading foods that have folic acid include; turkey, asparagus, beets, spinach, peas, avocados, brussels sprouts, bok choy, cabbage, broccoli, savoy, beans, chick-peas, soybeans, lentil, and oranges.

The amino acid Tryptophan is also very important in reducing depression. Tryptophan is the precursor to serotonin, which is a necessary neurotransmitter for transmitting nerve impulses in the brain. Food sources that contain Tryptophan include fish, other seafoods, poultry, lean meats, low-fat dairy products, eggs, beans, soy products, whole-grain cereals, vegetables, fruits, nuts, whole grains (barley, rye, oats, etc.), rice, hummus, lentils, hazelnuts, peanuts, sesame seeds, and sunflower seeds.

Omega-3 fatty fish oil is gaining more and more positive feedback for treating depression. Certain omega acids may be beneficial for depression. docosahexaenoic acid (DHA) is an omega-3 long chain polyunsaturated fatty acid that is the building block of human brain tissue. Research suggests that low levels of DHA have been associated with depression. More doctors and nutritionists are suggesting people include foods such as salmon, trout, grilled albacore tuna, halibut,

sardines, cod, tofu, flaxseed, pumpkin seed, soybeans, and walnuts to get more Omegas in their diet.

Based on niacin's well-recognized role in promoting sound nerve cell function, some experts recommend this B vitamin for relieving depression as well as feelings of anxiety and panic. Most B-vitamin complexes contain niacin in sufficient amounts for this purpose; they also offer the mood-enhancing benefits of other B vitamins. Leading Food Sources of niacin include brown rice chicken, turkey, tuna, and pomegranates.

Inositol is believed to play an important role in the messenger system to which several key serotonin receptor subtypes are linked and may be very therapeutic agents in treating depression. Nuts, bean, cantaloupe, citrus, soy, wheat germ, and eggs are a few foods that contain this vital component to our diet.

If eating certain foods can help decrease symptoms of depression, then it is important to note that a variety of foods can increase depression. People who experience depression should avoid foods such as simple carbohydrates, sugar, smoked foods, sausages or bacon, liver, dark poultry, fried foods, cold cuts, pickled foods, aged foods, full-fat cheese, whole milk, alcohol, processed foods, white flour, baked goods, caffeine, soda or cola products, MSG, and excessive salt.

It is essential to eat several healthy snacks in-between meals and never skip meals. This can help blood sugar from dipping and creating a sense of fatigue and depression. Not drinking enough fluid can also have an effect on mental health because even mild dehydration can result in depressed and irritable behavior.

We are what we eat, so why not choose to eat healthier and feel better? Selecting foods that promote good neurotransmitter health is just one more way to reduce symptoms of depression. If symptoms of depression get worse, it is important to tell your family doctor.

It is important to try to track down your food. A food diary is an important part of tracking your depression. Here is a food diary I have provided. Please be sure to track your food intake along with your mood and see what food affect your mood.





## **Spiritual Implications of Depression**

Spirituality has been referred to as the forgotten dimension of mental health care. It has been described as being where the deeply personal meets the universal; a sacred realm of human experience. Spirituality is concerned with people finding meaning and purpose in their lives, as well as the sense of belonging.

Spirituality has been called a quality that strives for inspiration, reverence, awe, meaning, and purpose, even in those who do not believe in a God.

We do many things to strengthen our physical immune system. We eat right. take vitamins and herbal supplements. But we forget about the spiritual immune system. I think if we do not treat the spiritual immune system, we can become afflicted.

Spirituality refers to a way of living and being. The term spirituality is a confusing term. Usually, when one mentions spirituality, the first thought in many people's minds is that of religion. While religion is an aspect of spirituality, spirituality is not an aspect of religion.

Spirituality covers other areas of belief as well. Put simply, spirituality is the all-encompassing arena of belief in something greater. The spiritual path is one of inner self discovery. Its total focus is based upon ones personal process of self discovery and the search for greater meaning. The only requirement for spirituality is a willingness to commit oneself to total self honesty and personal responsibility.

Here are a few simple things you can do to help the spiritual immune system.

### **1. Affirmations/ Meditations**

You can help your consciousness to focus on the Self, by affirming yourself. It is simple. When you know and like yourself, your energy body is strong and radiant. Meditations allow you to listen within. Listen to the voice of your intuition and act on the guidance you

receive. When you lose sight of this connection to your highest vision, you become a slave of the world which amps down your life force flow.

## **2. Centering the Self**

Take time to discover and nourish your own Self, through meditation, walks in nature, and all activities that help you be in the Now. Be "there" for yourself, take time to be emotionally happy, without being swayed too much in all directions, making everyone else your priority. You are your priority, and a strong you, will be stronger for everyone around you. Reduce stress by grounding your energy body, and regaining a sense of self worth.

## **3. Create Environments**

Create environments and spaces in your surroundings that uplift and inspire you. Spending time in spaces with positive energy flow raises your vibration. This includes the people that surround you. Part of your environment is the people within it. Friends should make us feel healthy and happy and a joy to be around. Avoid people who always complain and find fault with everything.

## **4. Walk a Higher Ground**

That's right. Act as if every day you are on your way to a higher self, a higher life. That means surround yourself with higher energy. Do not watch violent movies or read violence. Avoid drama in life. (That means people with high drama) Practice forgiveness. It is the highest ground you can walk. Not having forgiveness for our self or others creates dis-ease. Release all resentments all you make room for healing. Practice walking a higher ground by taking care of your mind, (meditation practicing acts of love, doing for others as much as you do for yourself, not feeling sorry for yourself) your body (eat right, remove all processed foods and sugar from diet, exercise, sleep, be in balance with environment) and your spirit.

A strong immune system operates from a perspective of love, not fear. A perfectly functioning immune system means harmony, rather than defense. All the components of your immune system are vital and need to function properly. But a strong spiritual immune system will be your first protective bubble, so that the physical component will have to work less, and only when necessary. A glowing being is also strong and healthy at the cellular level.

By taking a more holistic approach to depression you can begin to develop hope in a hopeless state of mind. People who take a spiritual and holistic approach to their depression often times can begin to understand that depression, though it is unpleasant, has a purpose and an important path for growth.

I believe my depression can help me grow by:

---

---

---

---

---

---

---

---

My spiritual path can include:

---

---

---

---

---

---

---

---



## **Finding Hope Through Self Love**

Depression is an agent in the mind, which mediators, negotiates, and manage, the way we think and feel. Depression is a driving force or vehicle that leads us to believe we are worthless. Depression can make us feel like the world is overwhelming and there is no hope for resolve. Depressive symptoms can make us feel like giving up, and all the while, the vehicles in our mind push us to think suicide is the way out.

The mediator goes in-between our emotions and thinking while intermediary acting as a third party to our way of thinking. The action becomes a referee that forces the mind to negotiate, while arbiters officiate, our ideas. To help you see how depression works we can consider a few thoughts that are common in depressive minds.

You don't love me – No one loves me

Love: How do you perceive love? What does love mean to you? Do you know the symptoms of love? Love is a fondness, or form of worship. Love is a devotion, which feels affection for another human being. Love is at what time someone finds you adorable.

Now ask, do you love yourself? You must learn to love self before anyone else can love you. While you have family and friends that love you, likely you are seeking to fill a loneliness and passion within you, while thinking outside of love's boundaries.

How do I learn to love myself? You learn to love self by cultivating and developing your human qualities that make you a whole, such as confidence, self-esteem, self-assurance, and the like. You have a counselor within you that will guide you through the steps to find you, which brings you to love self. To find the counselor you must explore the mind and apply self through effort to achieve your mission.

I am worthless, and have no insignificance in life. Did you know God created you, and if you are saying you are worthless, thus you are stating that God made a big mistake? Worthlessness means you have no value as a human being. In other words, you are saying you are garbage while refusing to recognize your humanity. Thus, you prompt

additional depressive symptoms while thinking this way, which include emptiness, hollowness, and meaninglessness.

Support:

Say with me, I am worth something, since I am a human being.  
Continue to say this everyday.

I feel empty inside.

Why do you feel empty? I can help you spot the problem behind this irrational/rational notion. This is common, since millions of people say this everyday, and few rarely understand why. The reason behind this feeling is that you are unfilled. This means you are undeveloped mentally and physically as a human being, and haven't found completeness by exploring your mind and body. You are not in touch with self.

I feel like I have no meaning in life.

Vanity, narcissism, self-importance, arrogance, conceit, and pride often make a person feel as though they are meaningless. What you need to do is humble self, while conforming to modesty, and developing an unassuming nature. You need meekness. Still, you need to find your purpose in life, which will bring you meaning.

What are your intentions?

Depression has many symptoms, yet to understand completely you must explore the symptoms in depth. Once you find the purpose, meaning, and cause you will soon learn to understand your symptoms, accept, and move ahead to manage and conquer depression. Without understanding and acceptance, your mind will stick with denial, which disables you from seeking help. Breaking down the symptoms of depression can help you better relate to your experiences.

### **Alternative Treatments For Depression**

Conventional antidepressants may be costly and have side effects and drug interactions that may inconvenience the patient, limit the use of a particular drug, or require the discontinuation of a particular drug. Alternative treatments for depression are helpful, carry little side

effects and have been successful. There are such a wide variety of treatment options. This section will cover just a few of the many helpful alternatives.

Studies support that exercise can be an excellent antidote for mild to moderate depression. Researchers also say that in the long run, exercise may work better than medication in controlling symptoms.

Nutrition has a definite link to depression. Many factors that contribute to low serotonin production are created by nutritional deficiencies. By following strict dietary guidelines, people are being CURED of depression.

Depression can result from hypoglycemia (low-blood sugar), a condition characterized by fluctuating emotions from extreme highs to extreme lows. Hypoglycemia is caused by too much sugar in the diet. To balance this extreme surge of blood sugar the pancreas overproduces insulin. This drastically lowers the blood-sugar level, causing fatigue, depression, and anxiety. If you suffer from hypoglycemia, avoid sugar, alcohol, coffee, and fruits with high sugar content. Fresh vegetables, whole grains, miso soup, sprouts, and seaweed are excellent foods that balance the above substances.

Get moderate sun or full-spectrum light exposure year-round. A real connection exists between vitamin D deficiency and depression.

Other therapies can include yoga, biofeedback, art or music therapy, hypnotism, acupuncture, guided imagery, visualization, and reflexology.

### **Vitamins and Herbs**

Omega fatty three has been tested in hundreds of studies that conclusively show the correlations between low omega-3 fatty acid levels and depression. In fact, omega fatty three is one of the most recommended treatments for depression.

B vitamins are also effective in helping maintain adequate serotonin levels. The B-complex supplement should contain the essential B vitamins, which are thiamin, riboflavin, niacin, B6, B12, and pantothenic acid.

SAM-e, pronounced "sammy", is short for S-adenosyl-L-methionine. It's a chemical that is found naturally in the human body. SAM-e is

believed to increase levels of the neurotransmitters serotonin and dopamine and help with depression and anxiety.

Folic acid, also called folate, is a B vitamin that is often deficient in people who are depressed.

5-HTP is short for 5-hydroxytryptophan. It's produced naturally in the body and is used to make the neurotransmitter serotonin. Although taking 5-HTP in supplement form may theoretically boost the body's serotonin levels, many experts feel there is not enough evidence to determine the safety of 5-HTP. (5-HTP should not be combined with antidepressants.)

Calcium and magnesium are essential to the central nervous system. They work best when taken together.

Low dosages of iron are helpful for depression caused by anemia because being anemic results in lack of energy, and depression is often caused by illness or blood loss.

Evening primrose oil: The essential fatty acid in evening primrose oil provides additional nutrients to cope with depression. Evening primrose oil lifts the spirits because it produces prostaglandins, hormone-like substances that are key to many chemical processes, including those responsible for depression.

**Amino Acids \*Please be careful suggesting amino acids unless you feel you are extremely qualified.**

### **Bach Flowers**

Agrimony is recommended if you tend to maintain a smiling appearance while suffering inner anguish and despair.

Centaury is helpful for depression accompanied by feelings of intimidation.

Cherry Plum relieves feelings of fearfulness, whether of real or imagined things.

Gorse may be chosen for a sense of hopelessness.

Honeysuckle is for those whose thoughts dwell on happier times past.

Mustard is the remedy for sadness and feelings of ineffectuality.

Rescue Remedy is the first choice to ease acute anxiety.

Sweet Chestnut is for bleak despair.

Walnut is useful for depression that results from difficulty in adjusting to change.

Wild rose is for people who have lost interest in life, become apathetic, or have stopped caring about anything—something many mildly depressed people experience.

### **Homeopathy**

Ignatia is for depression caused by grief, with wildly fluctuating moods and inappropriate behavior such as bursting into tears or laughing for no reason.

Pulsatilla is for depression caused by hormonal changes.

Sepia is useful if you feel depressed and irritable, or dragged down by responsibilities and worries.

Arsenicum if the person is restless, chilly, exhausted, or obsessively neat and tidy.

Aurum if the person feels totally worthless, suicidal, and disgusted with himself or herself.

### **Aromatherapy**

Aromatherapy helps relieve depression and bipolar disorder by relaxing the body and reviving the nervous system. Some of the herbal oils that are good for depression are floral oils, such as geranium, rose, jasmine, neroli, ylang ylang and melissa, and citrus oils, such as bergamot, lime, grapefruit and mandarin.

If you are currently on medication I cannot emphasize how important it is to consult and naturopath or doctor who understands natural treatments before mixing medications. Natural methods really can help, but they can also cause havoc on other medications.

### **Testing Skills in How to Manage and Conquer Depression**

I hope I have some interesting topics on depression that can help you. However just to make sure we covered everything let's do a little test. Don't worry the test is not intended to challenge your mentality or intellect, rather it is a test to help you see that your human skills can help you manage and conquer depression. I figure if I am stressed out, and a little depressed, that I might as well pick on you. Just

kidding! A sense of humor can always help in bringing you out of a mood. The purpose of the test is to find your skills. Once you decide if you agree, or disagree, think about your answer. You can agree or disagree.

If a person puts in his mind that he can overcome sadness, he can do it.

Agree or Disagree

If you make a mistake, you deserve to accept responsibility for your actions or behaviors.

Agree or disagree

I find it difficult to relax when discomforting situations present self.

Agree or disagree

I have control of my emotions and moods.

Agree or disagree

If people I know do not like me, it is not my problem.

Agree or disagree

Punishment is fear.

Agree or disagree

It is difficult for me to oppose other people's opinions.

Agree or disagree

I feel anxious or stressed when small problems crop up

Agree or disagree

We are all slaves to life

Agree or disagree

I prefer others to make decisions for me

Agree or disagree

I stress over issues that have not occurred

Agree or disagree

I like authority influences to decide on my bigger problems  
Agree or disagree

If you agreed to the first question, you are correct, since the power of the mind can help us move sadness from our minds.

If you agree to the second question, thus it is true. If you make a mistake, you are responsible. However, all of us make mistakes.

If you agreed to the third question, then you need to become familiar with your discomfort zones, thus working to find relaxation in discomfort, since it is a part of life.

If you disagreed with the fourth question, then you are doing ok since you do have control of your moods and emotions.

If you answered agree to the fifth question, then again you are right. The important thing is life is, liking yourself and not worrying about what other people think of you.

Fear is not punishment and punishment is not fear. Rather, if you are receiving harsh punishment, then it is fear. Otherwise, punishment is a tool to help you learn and grow.

If you find it difficult to disagree with other people's opinion when they lack facts to support their claims, then you need to read articles on building leadership qualities.

Most problems are fixable, thus small problems should not be a worry, unless it presents potential risks or dangers.

If you agree that we are all slaves to society, thus you are correct, since all of us are slaves in some form or another. Check out what it means to be a slave.

If you prefer others to make decisions for you, then you need to read leadership qualities, and learn to cultivate your mind.

If you agree to the last question then quit making problems when no problems exist.

## **Conclusion**

I believe I have given you a variety of tips that can help you deal with your depression a little better. Remember there is no one way to deal with depression and no one person experiences depression the same. I hope with this workbook you will have some tools to add to your toolbox to challenge your depression.

If your depression gets so severe that you feel suicidal get to a mental health provider as soon as you can. I am firm believer in counseling. After all I am a retired clinician and have seen how therapy can really save people's life. Whether you choose to use a counselor, a coach, a spiritual counselor or whomever, make sure they are qualified. Your life depends on it.

Depression is one of the most treatable mental health conditions there are and know that there is light at the end of the tunnel. I want to leave you with a check list that may helps you.

### Everyday Depression Check List

- 1  Awaken with a mental attitude of gratitude
- 4  Exercise
- 5  Consume a sound breakfast
- 6  Take my vitamins
- 7  Consume healthy snacks
- 8  Stimulate my brain
- 9  Drink enough water
- 10  Love somebody or serve somebody today
- 11  Get five-seven servings of veggies
- 12  Do a kind deed
- 13  Do Something for yourself

I hope this helps and for now this is Dr Tyler Woods saying;  
Walk in peace.

**Below are a some products I am proud to be an affiliate of. The following products come with a 60 day money back guarantee.**



In order to achieve success in our lives both personally and professionally, we need to set goals. These goals are the GPS to our lives.

[Saving Money](#)

[Setting and Keeping Goals](#)

It is difficult to enjoy life with depression and anxiety by investing in these tools, you invest in living your life happy, joyful and free.

[Anxiety](#)

[Depression](#)

[Self-Esteem](#)

When you are fit, not only do you look better, you feel better and feeling better, is a goal we all desire.

[Shaolin Qigong](#)

[Meal Planning](#)

[Weight Control](#)

Relationships don't make us whole, they complement us as an individual and learning how to have a good relationship makes us whole.

[Relationship Questions](#)

[Romantic Text Messages](#)