

DEPRESSION

Dealing with depression can be extremely difficult. Some days you will feel like garbage and won't want to get out of bed. I can distinctly remember laying in bed sweating profusely; too sad to get out of bed even though it was a beautiful summer day. I couldn't even muster the energy to remove my blanket. That's how down and out I was.

I remember feeling so alone. Too scared to tell my friends and family how shitty I was feeling. I decided to make this program so no one feels alone like I did. I want to make sure everyone can get the help they need so they don't feel as sad and alone as I did that sunny summer day.

Close your eyes and imagine something good. Pretend you got a promotion or your favorite team won the super bowl. How do you feel? This is transcendental meditation. You should feel better imagining these scenarios. Anytime you feel down and out, use this meditation technique to help you feel good.

I repeat, depression is all mental. This is great because if we change our thinking (mentally), we can change how we feel. What are you focusing on mentally that's made you feel depressed.

Are yo comparing yourself to others? Maybe you make less money or have less Instagram followers?

How can we focus more on the things we are grateful for rather than the things that make us feel sad and jealous.

Instead, we should feel happiness and joy for the people and things that make us feel bad or depressed. It's a mindset shift.

What is something fun and spontaneous you can do right now?

What state does your mind live in when it comes to being in the past, present, or future?

Anything else come to mind?

How can we harness how we are feeling right now for the next days, weeks, months, years?
