

## The Answer to the Great Question of Depression is... 42!

Summary from the video series by John Newell, August 2019 – [www.depression-survivor.com](http://www.depression-survivor.com)

Need help with depression?

Try these...

1. <b><u>Do all of the things on this list.</u></b> Working on depression requires comprehensive change and effort. Doing all the things listed here, as best you can, should give you a better chance of making positive progress with depression.
2. <b><u>If you have thoughts of self-harm, contact a professional or a help line and talk about it. Immediately.</u></b>
3. <b><u>Want to change.</u></b> It's more than just wanting change to happen. You have to want to change <b>YOU</b> . Only you can make the changes. Until you honestly desire to be a different person, getting on top of your depression will be very difficult.
4. <b><u>Work with experts.</u></b> You need a mental health professional. You're not alone. The experts DO know how to help. Resist the negative thoughts that tell you no. If you can't afford a therapist or doctor, try your local community centre, university, college, hospital, school, or place of worship. Check your employee assistance program or contact a mental health organization and ask what resources are in your area. If you truly want help, you can find it.
5. <b><u>Get help and support from loved ones and friends.</u></b> You need it. <i>Need</i> . It's a team effort. Going it alone gives depression more power. You have to reach out and ask.
6. <b><u>Stick with it.</u></b> You will experience setbacks and episodes where you think you've gone back to Square One. You will have moments when you think all your work is for nothing. Reprogramming months or years of negative beliefs takes months or years. Pick yourself up, take another step forwards.
7. <b><u>Lose the stigma.</u></b> There's nothing "wrong" or shameful about having depression. The stigma comes from others, not from you. Get over any negative ideas and work on it.
8. <b><u>Depression is a symptom.</u></b> It's not the problem itself.
9. <b><u>Depression is a messenger.</u></b> It's telling you that your defence strategy is no longer serving you.
10. <b><u>Stop depression tricking you.</u></b> Mel Robbins said: "Depression is lying to you... Depression does not rob you of the choice. It just tricks you into making the wrong one."
11. <b><u>If you've been prescribed medication, take it.</u></b> Medication <i>helps</i> . It's not a cure, but it can help bring symptoms under control so you can then tackle the bigger issue – the cause of your depression. If you have any doubts or questions, ask your doctor. <b>Never</b> be your own doctor.
12. <b><u>Go deep to get to the cause.</u></b> You might think you know what caused your depression. But you might be surprised that you assumed incorrectly. Your mental health professional can guide you through how to identify the cause and how to release the thoughts and beliefs you're clinging to around it. It will take time and it will be challenging.
13. <b><u>Depression is rooted in belief.</u></b> What you believe about yourself comes true. Your beliefs control your depression. It takes hold because of <i>beliefs</i> you hold about yourself in <i>response</i> to events. Change your beliefs about you.
14. <b><u>Forgive – yourself and others.</u></b> Dozens of times a day, say " <i>(Name/issue/concept), forgive. I love you. I forgive you. Thank you.</i> " Whatever comes to mind, run with it. These words have huge power and can stir things up in a major way. You may encounter some strong emotions. Keep going. It will get better.
15. <b><u>Reprogram with mantras.</u></b> Your depression took hold due to negative thoughts repeating and repeating. You have to reprogram by sheer repetition. Give yourself love, honour, gratitude, confidence, and forgiveness.
16. <b><u>Meditate.</u></b> Change the station in your head, even for 10 minutes a day. Guided meditations available free at <a href="http://InsightTimer.com">InsightTimer.com</a> .
17. <b><u>Practice gratitude.</u></b> Gratitude is a powerful force. Every day keep a journal of three to five things that you're grateful for. Do that for two weeks and watch your situation change for the better.
18. <b><u>Exercise / move.</u></b> Science has shown that exercise helps mood and brain patterns. But depression wants you to be sedentary. Don't wait for motivation. It won't come. 5 second rule: do something within 5 seconds after thinking of it, otherwise your brain will invent excuses and convince you not to do it.
19. <b><u>Be in nature.</u></b> Get fresh air, move around in the outdoors, be in natural light.

20. <b><u>Eat well.</u></b> Eat clean more often. Cook at home more, eat out less. Have vegetables dominate your plate.
21. <b><u>Consume less sugar.</u></b>
22. <b><u>Drink water.</u></b> Plain water.
23. <b><u>Ease off the booze and drugs.</u></b> That includes marijuana. Masking or escaping pain with drugs only makes things worse.
24. <b><u>Participate in support groups.</u></b> Drop all your expectations and go. Try one. Withdrawing from the world will never help your depression. If you don't seek, you don't find.
25. <b><u>Get off your device.</u></b> Be in the real world and love yourself. Leave your device alone for a while and stop using it as a way to pass time and distract your brain. Cut down communicating by text. It takes away real human connection. Use text to make a time to meet someone, <i>then</i> talk.
26. <b><u>Put your devices away before bed.</u></b> Leave them alone at least an hour before sleep. And don't sleep with them next to your bed.
27. <b><u>Stay out of online arguments.</u></b>
28. <b><u>Turn off the news.</u></b> Or at least filter it. 95% of it is negative news or provokes a negative response in you.
29. <b><u>Avoid negativity and cynicism.</u></b> They feed depression and negative self-belief.
30. <b><u>Give and receive LOVE.</u></b> Every person on this planet wants to be loved unconditionally. Love for yourself comes first.
31. <b><u>Be vulnerable.</u></b> Courage and change require risking getting hurt.
32. <b><u>Be open to receive.</u></b> Receive good things gratefully without putting yourself down or considering if you "deserve" them.
33. <b><u>Have a hobby.</u></b>
34. <b><u>Tidy up and be better organized.</u></b> Clutter and mess are linked with anxiety and depression.
35. <b><u>Accept your feelings.</u></b> Once you accept your feelings without shame or blame, you can make a plan to move forward.
36. <b><u>You're not alone.</u></b> Depression isolates you. See mental health professionals. Tell your friends. Join support groups. Reach out. Ask for help.
37. <b><u>Learn from inspiring experts.</u></b> I recommend: <ul style="list-style-type: none"> <li>a. Audiobooks and podcasts by Mel Robbins</li> <li>b. Book: <i>How to Survive Your Childhood Now That You're An Adult</i> by psychotherapist Ira Israel. It's a game changer.</li> <li>c. Book: <i>Claim Your Power</i> by Mastin Kipp.</li> </ul>
38. <b><u>Discover your purpose.</u></b> This is a more advanced activity when you're farther along in your journey. Finding your purpose and living it means never being imprisoned by depression again.
39. <b><u>Be patient and stay the course.</u></b> There is no quick fix. It's a journey.
40. <b><u>Act now.</u></b> Don't wait until you're "ready". Fight through the depression telling you to stay put and give up.
41. <b><u>Pay it forward.</u></b> Pass on what you learn to others who need it.
42. <b><u>Your choice for everything in life...</u></b> Love or fear.

Of course, there are no guarantees. And nothing here is intended to replace working with a mental health professional. So please... keep seeing your doctor.

You can do it. You can turn your life around and release the shackles of depression. If you want to.

I wish you love and light on your journey.

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