

# 7 STEPS FOR CONQUERING DEPRESSION

## 1. UNPLUG FROM THE NOISE.

TAKE A SABBATICAL FROM NEWS, FACEBOOK, INTERNET DISCUSSIONS, AND ANY SOCIAL INTERACTION WITH GRUMPY NAYSAYERS, DEBBIE DOWNERS, AND DRAMA QUEENS.

## 2. DAILY EXUBERANT MOTION.

TURN ON SOME BOUNCY MUSIC AND MOVE! DANCE, EXERCISE, SWIM, WALK, PLAY TAG, CHASE THE DOG... BREAK A SWEAT AND FEEL YOUR HEARTBEAT. LET THE BLUES ROLL DOWN THE DRAIN WHEN YOU RINSE OFF.

## 3. DAILY MINDFUL STILLNESS

SPEND SOME TIME PAYING ATTENTION TO YOU. SIT STILL, BREATHE, AND NOTICE YOUR BODY, THOUGHTS, EMOTIONS WORK TOWARD 20 MINUTES OF COMPASSIONATE AWARENESS AND ACCEPTANCE.

## 4. CULTIVATE JOYOUS VIRTUES

WHAT IF HAPPINESS IS NOT SOMETHING YOU WAIT FOR, BUT A HABIT YOU CAN PRACTICE? COMPASSION, GRATITUDE, PEACE, PASSION, INNOCENCE, CURIOSITY, PLAY, ENTHUSIASM, AND GENEROSITY.

## 5. TRY A PRIDE COSTUME.

SCRUB YOURSELF UP NICE, AND GET DRESSED LIKE YOU'RE PROUD TO BE YOU. GO OUT AND DO SOME WORK IN A COFFEE SHOP OR LIBRARY. WALK TALL, SMILE, MAYBE EVEN FLIRT A BIT. SHINE!

## 6. EAT LIKE A HUNTER-GATHERER.

YES: PLANTS, ANIMALS, WATER. NO: GRAINS, SUGAR, CHEMICALS. CAFFEINE IS GREAT UPON RISING, BUT REMEMBER TO EASE OFF TO ENCOURAGE HEALTHY SLEEP.

## 7. MITOCHONDRIAL SUPPORT.

SUPPLEMENT WITH COQ-10, L-CARNITINE, B-VITAMINS, FOLIC ACID, AND ANTIOXIDANTS. SPEND TIME IN THE SUN FOR VITAMIN D.

# Conquering Depression

**RC Schank**



## **Conquering Depression:**

Delve into the emotional tapestry woven by in Dive into the Emotion of **Conquering Depression** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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