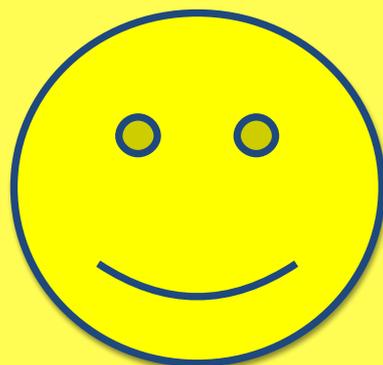


**Ten Top Tips
To
Start
Beating
Depression
Today**



Ten Top Tips to Start Beating Depression Today

1. Realise you ARE in charge of your mind and DO have the necessary resources in your brain to move forward.

No matter how hopeless things seem, how despairing, or that there seems no way out, or that all those depressing thoughts seem like your mind is in charge of you, take heart. Realise that you are actually in charge of your mind because only you can allow those depressing thoughts to live there. Know that you do absolutely have the power to change this because you have both the right and left side of your prefrontal cortex in your brain. When you engage your left prefrontal cortex you can always move forward.

2. Allow yourself to start to engage your left prefrontal cortex in your brain.

In order to do this, you first need to shift from giving away your power to taking it back. No matter how dysfunctional and powerless you may feel, say "I am willing to discover my own power" or "I am willing to rediscover my own power" or "I am willing to take back my own power", Keep saying it; 100 or more times a day (you may as well; it's nicer than all those depressing thoughts) even if you don't yet believe it. Gradually buy into the words you are saying. This will engage your left prefrontal cortex to access all your brain's immense positive resources. "When you go there in the mind you go there in the body!"

3. Stop looking at problems and start cultivating acceptance.

Decide to lay down all judgement. Choose instead to accept situations and things as they are because that's how they are. If life seems to have been a disappointment it is because you judge everything in the light of what is good or bad - what went right or what went wrong. When you are busy judging like this there is no place to cultivate inner peace or to move forward. Trying to change things from a space of judgmentalism or self-righteousness, however well intentioned, focuses on 'what's wrong' and keeps giving the energy to 'what's wrong'. This feeds it even more and will only keep you in the primitive part of your mind where your depression is living! Acceptance neutralises the negative energy and allows the authentic space for change.

Accept people exactly as they are too. It is not your prerogative to decide how anyone else should act or behave, or to decide what they should want or do etc. It is not anyone else's prerogative to decide for you either. Accept everyone is on their own journey, doing the best they can from where they've come from. Wanting others to change never works. If you had had their influences you may be that way too. It doesn't mean you have to condone behaviour in others that doesn't match your standards and values or agree with their beliefs. It just means you stop exhausting yourself judging it. It is only your job to be accountable for yourself. How can you best handle things you don't like? How/what can you change to alter a situation. Work on yourself to boost your self-worth and self-esteem

to cultivate positive change.

When you are busy judging others you also cannot authentically be accepting of yourself. When you accept others are responsible for themselves and that their choices are their concern you can make room for self-acceptance. Self-acceptance is the pathway to inner peace and happiness.

4. Stay in the Moment.

Whatever your negativity is about, the truth is the sense of overwhelm comes from a fear of not being able to handle it. When you allow yourself to fill your mind with these things you are in fact giving all your power to your primitive mind, nullifying your ability to cope, and, saddest of all, wasting this precious moment of your life! For what purpose? Stressing over all you have to do in a day, or the interview, the ex husband/wife, the court case, the new job, the lack of money, the 'I'm not good enough' beliefs and so on, doesn't ever change things. You have no power over the past (it has gone) or the future (even 10 minutes ahead has not yet unfolded). The past and the future actually only exist in your mind; the only moment you have is now. You cannot feel overwhelmed if you Stay in the Moment because when you connect with the power of 'now' you have scope for positive action. When you Stay in the Moment you engage your positive resourceful mind where you're rational and have your vast resource of answers and solutions. Moment by moment you can more easily handle your fears, slow down to achieve more than by being the proverbial headless chicken, feel calmer and happier, stay in command and produce serotonin to feel good - and you save all that stress wrecking your sleep and harming your health. Win, win, win!

When you catch yourself thinking in the past or future, bring your attention back to 'now' by looking at the clothes you're wearing, the decor of the room you're in, the view out of the window. Practice giving 100% attention to the task/experience in hand, be it showering, working, being in the gym, spending time with your family etc. Appreciate this precious moment of your life - before that too becomes the past. Then move to your next task/experience. Even when you are having a rest, be 100% 'in the rest' rather than allowing your thoughts to swirl around about what's coming next. You will get lots more done and feel good in the process. Staying in the Moment is the key to so many benefits: more efficiency, more joy and peace, more awareness, and living! It is a much nicer way to live and you become much more comfortable to be around.

5. Protect yourself from other peoples negativity.

Realise that no one out there can actually make you feel anything. You have the choice in how to react to whatever they may have said or done. Similarly, you have choice in everything that you feel. Realise now that as you allow yourself to believe this truth, you need no longer think that you are responsible for how other people feel toward you. Other people's opinion of you is none of your business. Their opinion on how you should lead your life is none of your business. Your job is to work on yourself to feel good about yourself. Stop giving other people power over you. Visualise yourself in a big impenetrable bubble or 'Star Trek' forcefield and let other peoples negativity bounce off you.

6. Realise that lasting happiness comes only from within yourself.

Choose to stop looking for validation and happiness from the outside. If other people validate you now, you will need it again and again and you will just keep moving the goal

posts. If you rely on others to make you happy, others can also take happiness away. This again gives away your power. Know that you are the only one who can make you happy. You are responsible for your own happiness. This includes feeling good about yourself. Reach out to learn all you need to let go of the blocks in your deep subconscious that hold you back and cultivate the space within to feel good about 'you' first and foremost.

7. Look for the good in yourself.

This further engages your left prefrontal cortex. Find 3 things that are good about you, right now. Your hair? Your fingernails? That you're creative? Reliable? Good at your job? Trustworthy? Kind? Caring? Resourceful? Decide to focus on these things each day and become conscious of other things that are good about you and add to this list. Ask a friend to name qualities they like about you to help. If you let yourself do this as well as you can, you will end up with perhaps as many as 50 good qualities to help you recognise your true worth and value, boosting your rightful self-worth and self-esteem.

8. Offer gratitude for your simple blessings.

You have a roof over your head and a place to sleep at night, unlike over a 100 million people. You have safe running water and a flushing toilet. 2.5 billion people don't have this luxury. You can read and write, unlike 2 billion others. You are probably not starving. You have options and choices. Appreciate these things from the very core of your being every time you go home, get in to bed, have a shower, flush the loo, read or write some thing, or just appreciate being able to see the bright, sunny daffodils in the Spring. Feel the appreciation. (If guilt creeps in here, know this won't help others. You are better to fully appreciate your blessings and do something positive to help others less well off, be it signing an online petition or giving even 10p to educate 2 children in Uganda for a week than feel guilty about having more than others, which helps no one).

9. Choose to be kind and loving and respectful to yourself, from NOW.

If you were treating yourself decently, what difference would this make? How would you show yourself you were being kind, loving and respectful to yourself? Think about it now. Be very specific here - even if you start with just one thing. (You do know!)

Find one (tiny) thing you CAN do something about right now which would help you feel a little bit better. Perhaps making that phone call you've been putting off, or spending 10 minutes tidying up, or doing a 10 minute work out, or whatever else will give you a sense of taking back command of your life. Even putting on some smart clothes, doing your hair and make up (or shaving), putting on perfume or aftershave etc can help you feel that little bit better to then be able to make another positive choice for yourself. This is being kind, loving and respectful to yourself.

10. Make a board of meaningful pictures to flood your brain with positive images.

Go online and google "images of happiness" or "images of contentment" or "images of confidence" or "images of joy" etc. If you can, print off any you like, along with any quotes that appeal, and stick them on a board where you can see them often. Fill your mind and heart and soul with this simple nourishing data, knowing this will automatically engage you with your positive, resourceful part of your brain. Have fun with this and

spend time everyday looking at your board and engaging with the feelings. Change the pictures regularly to keep things fresh and upbeat.

Here's one to get you started:



"There is only one person who could ever make you happy, and that person is you."

-David D. Burns, M.D., Intimate Connections

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