

14 Mind Hacks to



Crush

Anxiety & Depression

Are you ready to take back your life?

Included as part of 'Crush Anxiety & Depression'

Congratulations!

Let's begin the journey.



It's time to discover a whole new you! In order to maximise the effect of the therapy it is very important that you now follow these rules.

These **rules** will help the psychological impact of your sessions and alter

your relationship with anxiety and depression forever.

The rules assist you in achieving your positive state of mind, increasing your motivation and improving your wellbeing.



7 Mind Hacks to Crush Anxiety

It's that day of the week we've all been waiting for. You probably have a few plans for the weekend already. But there you are – dead tired. Stressed to the max.

Stress and anxiety are two of the most common mental health issues we all suffer from. They give us overwhelming emotions

that sap our energy, makes us less productive, and makes us feel down.

And even though we cannot completely do away from feeling stressed and anxious, luckily, there are several things we can do to kick off these unwanted emotions right NOW.



1. Breathe

Breathing can make miracles when you are experiencing negative emotions, such as anger.

Taking a long, deep breath to calm your mind and body has been scientifically proven to work, and in fact, is the key component of some of the most powerful mind-body exercises like meditation and yoga.

Slow, deep breathing is a way

to distract the mind from engaging in negative thoughts and emotions.

At the same time, the inhalation of fresh air decreases the amount of cortisol – negative hormone – released in the body in response to stress.

This very simple practice of mindful breathing is one ultimate way to train your body to becoming a relaxation machine.

2. Laugh

Laughter's the best medicine.

When you laugh, magical things happen inside your body, one of which is the release of the 'feel good' chemicals in your body that promote positive feelings, and reduce stress-inducing cortisol.

As soon as you begin to feel that unwanted sensation of stress or

anxiety, pause for a while, browse through some joke sites, watch a 2-minute funny video clip, or read a feel-good book.

Taking time to laugh every day is a great way to lessen mental fatigue and reduce stress.

3. Socialise

Friends benefit your health in so many ways. Make it a habit to bond with your close friends on a regular basis.

And when we say 'bond' it means spending quality time with them up close, not through Facebook or any social media.

Having a cup of tea and a friend can really help to relieve high levels of stress, and recharge your batteries. What's more, it gives you a perfect outlet to vent your emotions or anything that bothers you.

4. Write

Sometimes, it is too hard to understand our thoughts and the emotions we feel. It is hard to even describe them.

Getting a pen and paper is a good strategy to have a clearer picture of what you are going through physically, mentally and emotionally.

Scribble your feelings onto a piece of paper. It doesn't have to be as poetic as a poem, or as long as a novel. It doesn't even have to make sense.

Keeping a daily journal does a great job in helping yourself understand your feelings more.

5. Walk

Walking is one of the best methods available when it comes to alleviating stress. Walking gives your body an outlet for the

build-up of energy that triggers stress, and since it is a form of exercise, walking keeps you fit and healthy as a result.

6. Be mindful

When you are anxious, your mind is off the present moment.

It is occupied with so many thoughts of the past and the future - yep - even things that haven't happened yet.

The moment you realise that you are succumbing to negative thoughts, intentionally focus on the present.

Snap those scenarios in your mind away, and just breathe. Brining yourself back to awareness is really liberating.

It allows you to feel in control of yourself.

So how do you practise mindfulness during stressful moments? First, breathe.

Then look down on your body. Notice your clothes, your feet, and the comfort level you are experiencing at the moment.

Notice any tension you feel at any part of your body. And slowly, release the tension. Lastly, look around you.

Notice the details of your surroundings. When your mind starts to wander again, bring it back to the present. Don't feel bad. It's normal.

7. Let it go

The longer you hold on to your grudges, the worse you will feel and the more anxious and stressed you become.

Practising forgiveness may be a

difficult challenge. But the reward is amazing.

Not only does it help restore the connection you have with another person. It also greatly



improves your health and well-being.

Healing takes time. Don't push yourself if you can't forgive.

But don't prevent yourself from forgiving when you feel like you are ready enough.

Forgiving someone doesn't mean having to acquaint with him or her again. It simply means forgiving that person for what

they did and allowing yourself to move forward with life, without hurt or resentment over that person you wronged you.

Dealing with anxiety is a challenge indeed. But give these tools a try.

Who knows - one, if not all, of these will ultimately free you from the debilitating world of anxiety.

7 Things a Day to Keep Depression Away

A lot of people battle with depression these days. This debilitating illness takes a huge toll on one's quality of life, especially on their relationship with other people.

A depressed individual may have problems finding motivation to do things they normally do, reach their goals, and pursue happiness.

YOU Can Beat Depression

Above all things, we need to take care of our physical and mental health. That's because every meaningful thing that happens to our family, work and personal life depends on a stable base – our body.

There are things we can do on a daily basis to protect ourselves from depression. Here they are:



1. Walk - or even better - RUN!

Whether it's a short walk in the park or several minutes of running in the treadmill, a great way to fight depression is to make exercise a daily habit.

All aerobic workouts trigger your brain to release endorphins – the

“feel good” chemicals that boost our mood, block stress, and refuel our energy levels.

The effects of exercise on our mental being are not only based on theories. Scientific research can well attest to them.

2. Count the small joys

When you're battling with depression, you may have the same questions “When will I find happiness again?”, “Will I ever be happy?” and “Why do I feel this way?”

Instead of trying to find the answers to these questions, focusing on the little joys that

happen throughout your day is one way to keep away from feeling depressed.

Maybe your child prepared your breakfast, or your spouse made you coffee. Little things like these can carve a wide smile in your heart, only if you will pay attention to them.

3. Smoothie does it

Bored of your morning coffee? Then you may want to start your day with an invigorating and refreshing smoothie drink that combines your favourite herbs, fruits or vegetables.

How does this help you beat depression? Well, your brain is only as healthy as your gut.

Feeding your body with essential

nutrients, vitamins and minerals has a major effect on your mental health. Make sure to add foods that nourish your gut, such as yoghurt and fermented products.

Here's the thing – the nerve cells in our gut manufacture 80 to 90 per cent of our body's serotonin, the neurotransmitter we need to stay sane.

4. Cut down on sugar

Again, your food choice affects your risk of suffering from depression.

Scientists suggest that most degenerative conditions, including depression, anxiety, and bipolar disorder, start with inflammation.

And the greatest stimulators of

inflammation are gluten and sugar.

Research has found that people who suffer from mood disorders also tend to be gluten-sensitive and vice versa.

In fact, depression is found in as many as 52 per cent of gluten-sensitive individuals.

5. Meet the Sunshine

Staying indoors all day long is not going to help boost your mood.

So whenever the sun is out, take the opportunity to go out and enjoy the heat!

Researchers from the Baker Heart Research Institute in Melbourne found that the levels of serotonin – the neurotransmitter that regulates appetite, sleep, memory, and mood – are lower during winter than summer.

They conclude that more sunlight meant better moods; less sunlight lead to symptoms of depression.

Meanwhile, researchers from University of Pittsburgh and Carnegie Mellon University found that patients who were placed in bright rooms reported less perceived stress and took less medication per hour than patients in dim rooms.

Constant exposure to sunlight can help your body maintain its circadian rhythm.

Your circadian rhythm is a 24-hour cycle that regulates biochemical, physiological, and behavioural processes and makes you feel tired when it's dark outside.

6. Meditate

Yes, you've heard about this for a hundred times. Meditation has been the talk of the town for the past years.

Research has shown that practising meditation can halve

the risk of future clinical depression in people who have already been depressed several times, and its effects are comparable to that of pharmaceutical antidepressants.

7. Keep a Journal

Journaling is a great way to release emotions.

It is a great avenue to let go of unfiltered thoughts, speak your mind without judgments, criticisms or condemnations from others.

It allows you to explore emotions on a level that you may not necessarily always consider when thinking, but somehow come to you as you put a pen to paper.

Here are some related 'Anxiety and Depression' articles from my own personal blog.

<http://www.mynd.works/hypnosis-for-anxiety-depression/>

<http://www.mynd.works/some-hidden-signs-of-depression/>

<http://www.mynd.works/the-secret-to-optimism/>

<http://www.mynd.works/overcoming-stress/>

<http://www.mynd.works/how-to-love-yourself-heres-the-secret/>

<http://www.mynd.works/time-travel/>

<http://www.mynd.works/postnatal-depression/>

<http://www.mynd.works/ptsd-post-traumatic-stress-disorder/>



I hope you find the mind hacks and the article links contained in this e-Guide useful.

I wish you well on your journey with me and remember, you're welcome to contact me with any questions by email at info@mynd.works

I look forward to hearing about your progress.

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