

**A Mind of Your Own:**

**The Truth about Depression and Natural Treatment for Whole  
Body Wellness**

Copyright 2016 Deniz Yalim  
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## Introduction

Mental health had never been talked about with me and I had no idea what was happening to me. Doing the most basic everyday tasks became completely overwhelming and stressful. But now I am fine and I created a free android app from my experience and my recovery process.

I believe in making useful app that helps us the most out of life. Please give a try Peace Starter Meditation and share your suggestion. You can get free by clicking or searching [Peace Starter](#) Meditation at Google Play.

If you got some value from this app, please leave a review so I know I'm on the right track with this.

My mission is to bring meditation, happiness and personal growth to a million humans. If you like this cause, please take a deep breath and don't forget to smile and have a wonderful day!

Life is beautiful and we deserve happiness all the time.

Energetic, passionate, positive, happy, excited and content. These are all words that I would use to describe myself today, but it hasn't always been this way.

Eleven years ago depression entered my life and since then I have had three episodes that have taken me to the darkest days I have ever experienced.

I spent three whole weeks lying in my bed awake, unable to do anything and too caught up in my own mind to care. When depression came it was as if life had stood still. I would go a whole week without washing my hair, I just threw on my clothes and I became reclusive pushing everyone away so it was just me and my mind.

When I felt depression returning for the third time, I knew I had to do something for myself. The drugs were ok to pick me up but the therapy wasn't getting rid of the fog in my mind that continued to pull me out of life. Then I found Mindfulness and it began to change me into the person I first described.

Mindfulness has transformed my life. These days I live in the moment and don't get hung-up worrying about the future or the past. I can accept how I am feeling instead of spiraling into the constant negative thoughts that escalated my depression.

If you have ever experienced depression, anxiety or stress go to your doctor now and then ask about Mindfulness. My doctor threw me a lifeline when she told me to seek help the Mindfulness way

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### **Why I'm releasing copyright**

I'm not a big fan of copyright laws, especially as they're being applied by corporations, used to crack down on the little guys so they can continue their large profits.

Copyrights are often said to protect the artist, but in most cases the artist gets very little while the corporations make most of the money. In the 4+ years I've done this experiment, releasing copyright has not hurt me, the creator of the content, a single bit.

I think, in most cases, the protectionism that is touted by "anti-piracy" campaigns and lawsuits and lobbying actually hurts the artist. Limiting distribution to protect profits isn't a good thing.

The lack of copyright, and blatant copying by other artists and even businesses, never hurt Leonardo da Vinci when it comes to images such as the Mona Lisa, the Last Supper, or the Vitruvian Man. It's never hurt Shakespeare. I doubt that it's ever really hurt any artist (although I might just be ignorant here).

And while I'm certainly not da Vinci or Shakespeare, copyright hasn't helped me, and uncopyright hasn't hurt me. If someone feels like sharing my content on their blog, or in any other form for that matter, that's a good thing for me. If someone wanted to share my ebook with 100 friends, I don't see how that hurts me. My work is being spread to many more people than I could do myself. That's something to celebrate, as I see it.

And if someone wants to take my work and improve upon it, as artists have been doing for centuries, I think that's a wonderful thing. If they can take my favorite posts and make something funny or inspiring or thought-provoking or even sad ... I say more power to them. The creative community only benefits from derivations and inspirations.

So please share this e-book with your friends, family and anybody you want. Thank you.

## The Raw Truth About Depression

What people don't realize is depression is a silent, isolating, slow-moving killer. Some who experience it will commit suicide — about 39,000 people every year. Some will attempt to take their life and others will be so paralyzed by fear that they will be alive, but not living.

One in 10 Americans struggles with depression. A common misconception about depression is that it is something people can just "snap out of." Unfortunately, for those people who experience major depression disorder, it's not that simple. While depression can be serious, it is far from hopeless. There are effective treatments and actions people can take to overcome this disorder. There are certain truths about depression that are important to understand, as we target this debilitating disorder that often spans generations.

We are left reflecting on our own lives as we reconstruct our beliefs about happiness, the world and what it means to suffer alone.

We feel confusion, rage and grief. The funniest man in the world, who touched millions of people, couldn't touch his own heart.

The thing about depression is no one really talks about it out loud. It makes most people uncomfortable. Those who aren't depressed think, "What do they have to be sad about? Why can't they just see the bright side?"

But the raw truth is, no one has reason to judge anyone who struggles. And for the one who is depressed, life is unbearable to navigate. It doesn't matter how much you are loved. You feel like a burden to the world.

Several years ago, I was diagnosed with clinical depression. I experienced my own isolation, pain and internal rage.

I recovered and overcame that dark period of my life. People close to me say they had no idea. "You should have told me. I could have helped." They seem to take it personally that I didn't come to them.

That's the thing about depression: When you are in it, people around you seem happy. They seem to have it together. And if you suffer, the last thing you want to do is take their happiness away or bring them down. You feel like a burden to those around you.

So the depressed stay isolated and in pain, lonely and sadness.

## Myths about depression

There are misunderstandings and myths about mental health out there, which make living with depression and other mental illnesses a lot harder.

### Common Myths

Here are some common myths—and the facts behind them—about depression:

**The myth:** All young people get depressed. It's just a normal part of growing up.

**The truth:** Feeling sad or unhappy is a normal part of growing up. In fact, it's a normal part of the ups and downs of life, no matter how old you are.

Depression, however, is more than just feeling sad. It's feeling miserable or upset to the point where it gets in the way of your day-to-day life for two weeks or longer. Depression is an illness like asthma or diabetes. It can affect people at any age, and it needs to be recognized and treated.

**The myth:** If you're depressed, it just means you're going through a tough time at the moment.

**The truth:** Tough times—like a break up with a boyfriend or girlfriend, or your parents' divorce—can lead to depression. The tough time is not necessarily the only factor involved. A physical illness, feelings of loneliness or isolation, being bullied or abused can all lead to depression. And, sometimes depression can have no obvious cause at all, but it could be the result of chemical imbalances in the brain.

We all deal with stuff differently. Some of us have stronger coping skills or support systems to help us through tough times, and some no matter how sharp our skills or strong our supports, still need extra help.

So whether you're going through a tough time or experiencing depression, it's important to talk to someone and get the help you need.

**The myth:** It's normal for young people to want to spend lots of time on their own.

**The truth:** Sometimes it's nice to chill out and have some alone time. However, if someone isn't spending as much time with friends and family as they used to, or if they've dropped out of the crowd or aren't doing the things they used to enjoy, then it might be that they aren't feeling great and are at risk of depression – or are depressed.

**The myth:** Telling an adult that a friend is depressed is betraying that friend's trust. If someone wants help, they'll get it themselves.

**The truth:** Depression saps energy and self-esteem, so it can get in the way of a person's ability to ask for help when he or she really needs it.

If you're worried about someone, it's far better to share your concerns with a trusted adult like a parent, teacher, supervisor or counselor or other mental health professional. No matter what you promised to keep a secret, someone's life is more important than a promise.

**The myth:** People who are smart or emotionally strong don't get mental illness.

**The truth:** Mental illness, including depression, can affect anyone. It doesn't matter how smart a person is. It doesn't matter if a person has a strong character, if they're old or young, or if they're male or female.

But there are some aspects of a person's personality that can help prevent depression. Being optimistic, having good problem-solving skills and high self-esteem, having close relationships with people you can turn to for support, and being involved in school or community activities can help decrease your risk of depression. It's important to note that these things don't guarantee you won't get depression, but that they reduce the risk.

**The myth:** You're born either an optimist or a pessimist. You can't change how you think.

**The truth:** One of the most effective treatments for depression is called cognitive behavioral therapy (CBT). CBT involves targeting negative thoughts you might be thinking, like: "I'm not good enough" or "I'm not going to get better" and changing those negative thoughts to positive ones. CBT helps you learn different and more positive ways to respond to what's happening in your life. In severe cases, medication may be required alongside CBT to correct chemical imbalances in the brain.

**The myth:** All depression needs to be treated with antidepressants.

**The truth:** For mild to moderate depression, the first choice of treatment should be counseling. The issues you're facing might be worked out through talking about the issues. But if your depression is severe, your counselor or other mental health professional will probably refer you to a psychiatrist for further evaluation to determine if medication is warranted.

It's important that you get along with and trust your counselor and psychiatrist, so you can work with him or her to find a treatment plan to keep you well.

**The myth:** Just talking and listening to your friends and family will be enough to treat depression.

**The truth:** Talking and listening to your friends and family is a really important way to deal with the day-to-day ups and downs of life. However, if you think might be experiencing depression, it is important that you seek professional help. Talk to a trusted adult, your doctor, or your school counselor about the choices available.

**The myth:** Binge drinking is just a normal part of growing up and does not have an impact on depression.

**The truth:** Binge drinking can put you at greater risk of depression. If you are depressed, alcohol consumption and binge drinking can exacerbate the symptoms.

**The myth:** A medical doctor is the best person to speak to if you think you might be depressed.

**The truth:** A medical doctor is a good person to talk to about depression and the treatments available, but not all doctors will necessarily be as good as others in diagnosing, talking about and treating depression. It might be more helpful for you to speak with a trained counselor, psychiatrist or psychologist about your depression. Your doctor can refer you to one of these.

If you think you need help immediately, call [the National Suicide Prevention Lifeline](https://www.nimh.nih.gov/health/topics/suicidal-thoughts-and-behavior/suicidal-thoughts-and-behavior.shtml) at 1-800-273-8255 or [Your Life Your Voice](https://www.boystown.org/your-life-your-voice/) at 1-800-448-3000, run by Boys Town (for everyone). Both of these hotlines are free and staffed 24/7 by trained volunteers who can listen to you and connect you with mental health providers in your area.

**The myth:** People who are depressed need to wake up and stop feeling sorry for themselves.

**The truth:** People don't choose to be depressed. Depression is an illness, and as such, it can be treated with the right help from mental health professionals.

It's not something that people can just "snap out of."

Knowing how to recognize the signs and symptoms of depression in yourself and others, and getting help early can help reduce the long-term effects of the illness.

**The myth:** People who have depression can't hold down a job.

**The truth:** If left untreated, depression can affect a person's social life, grades, work, interests and a whole variety of things. However, with the right treatment and support, a person with depression can have a normal job and get on with life.



## Six Truths About Depression

### 1) Depression is a more than just a bad mood.

As I've mentioned above, it's important for friends and relatives of those struggling to understand that people who suffer from depression can't just feel better. People experiencing a major depression really need professional treatment. Depression is a mind/body issue and should be treated with the same self-compassion and treatment-seeking with which we would treat any major illness. Different forms of therapy and/ or medications work for different people. According to the American Psychological Association (APA), psychotherapy can benefit depressed individuals by helping them uncover the life problems that contribute to their depression, identify the destructive thinking that makes them feel hopeless, explore the behaviors that exacerbate their depression and regain a sense of pleasure in their lives.

### 2) Depression is affecting younger people. ,

In what's been referred to in the field of psychology as "the greening of depression," younger people are reporting increased levels of stress and depression. According to the Federal Center for Mental Health Services, "depression affects as many as one in every 33 children and one in eight adolescents." APA's additionally reported that higher numbers of college students are seeking treatment for depression and anxiety, with the number of students on psychiatric medications increasing by 10 percent in 10 years.

### 3) Mindfulness helps with recurrent depression.

There are a lot of great treatments out there that have proven effective for dealing with depression. Research by psychologist Mark Williams, co-author of *The Mindful Way Through Depression*, has shown that mindfulness-based cognitive therapy (MBCT) can have a positive effect on preventing relapse in recovered depressed patients. His research indicates that if you teach people with recurrent depression mindfulness skills, such as meditation and breathing exercises, it reduces their chances of having another depressive episode.

Mindfulness practices don't change our feelings or thoughts, but they do change our relationship to our feelings and thoughts. This enables a person who has a tendency toward depression to not get swept up in the thoughts and feelings that contribute to his or her depression. Another way mindfulness skills can benefit people struggling with depression is by helping them to be better able to regulate and tolerate emotion.

### 4) Anger often underlies depression

Often, one strong emotion behind depression is anger. Anger can be a hard emotion to deal with, but it is actually a natural human reaction to frustration. Getting angry may seem like it would only make you feel worse, but when you don't deal with anger directly, you tend to turn it on yourself. It is important to allow yourself the freedom to fully feel your feelings, but at the same time, to control yourself from acting them out in any way that is harmful. You can recognize and accept your anger in a healthy way that releases the emotion without allowing it to fester or be turned into an attack on yourself.

### 5) Depression is fueled by an inner critic.

We all have an inner critic, what my father, psychologist Dr. Robert Firestone, refers to as your "critical inner voice." For people who are depressed, this critical inner voice can have a powerful and destructive influence on their state of mind. It may be feeding them a distorted commentary on their lives: *You are too fat to leave the house. You are so stupid. No one will ever love you. You aren't capable of being happy. You will never succeed at anything.* The critical inner voice may then persuade you to act in destructive ways: *Just be by yourself; no one wants to see you. Have another piece of cake; it will make you feel better. You shouldn't even try for that job; you'll never get it.* Finally, once you've listened to its directives, the critical inner voice will attack you for your actions: *You are such a loser, staying home alone on a Saturday. You messed up your diet again. What is wrong with you? You'll never get a decent job. You're so lazy.* To combat depression means taking on this internal enemy. This may involve looking into your past to help determine where these critical thoughts came from. How do these thoughts affect the actions you take in your life? How can you challenge these "voices" on an action level? On Oct. 8, I will be hosting a free online presentation on "Overcoming the Inner Enemy that Causes Depression," which further explores how your critical inner voice leads to depression.

#### **6) There are active steps you can take to alleviate depression.**

One of the worst symptoms of depression is a feeling of hopelessness. This very feeling can inhibit someone suffering from taking the steps that would help them combat their depression. These include:

- Recognizing and challenging your critical inner voice
- Identifying and feeling your anger
- Engaging in aerobic activity
- Putting yourself in social or non-isolated situations
- Doing activities you once enjoyed, even when you don't feel like it
- Watching a funny movie or show
- Refusing to punish yourself for feeling bad
- Seeing a therapist

For people struggling with depression, it's important to have compassion for yourself and to take actions to overcome this state, including seeking help. Remember that no matter what your critical inner voice may be telling you, the situation is far from hopeless. There is good help available and many active ways to treat your condition. For more help or information visit the National Institute of Mental Health

## **If You Suffer From Depression**

When we take a step back, we see we are not a burden to others. In fact, the very thing we think we can't do is what we need to do in order to move through depression. I am not talking about asking for help. That's a tall order for the one who is depressed. I am talking about being willing to get help.

The pain that depressed victims suffer is a gut-wrenching, soul-sucking disease. But if you are willing to receive help, then you have already overcome the hardest part. Allowing yourself to receive is an emotional and spiritual experience most depression sufferers have difficulty opening up to.

The disease makes its victims feel unworthy and unloved. But when we can open up and receive love, help from friends who are there, family who does love us, then we can begin to shift our awareness. Life can be lived again and joy is possible. Our hopelessness turns to hope then quickly to faith. And faith is seeing light in your heart even if your eyes still see darkness.

In my own personal recovery, I had to let love in. I had to allow myself to receive. This happened through prayer, meditation, opening up to close loved ones, writing and ultimately dropping from my head into my heart. My heart led me out of depression because I allowed the baby steps to unfold to my bigger picture. I grasped for hope, and that hope kept me alive.

No, there is no cookie-cutter approach to healing depression, and what worked for me may not work for others. But one thing is for sure: If you are suffering from depression, you are not alone. Reaching out, being willing to receive help, will help you see you are not such an outsider after all. And in that experience you may learn that you don't have to see the entire path, just take one step.

You do matter, and your future can be lived more joyfully.

For those who suffer in depression, please allow yourself to receive. Getting through it is possible. There is a life after depression.

It is one small step at a time.

Ask yourself: How can I let love in today?

I open up to guidance and help in this moment.

## If You Know Someone Suffering From Depression

What you say to someone who suffers is important. Remember not to take it personally if they can't or won't open up to you. Compassionately reach out.

When they do open up, do not brush it off or ignore them. There is nothing for you to fix. Just listen. Sometimes, just knowing they are not alone will help them move out of the pain.

“The worst part of depression is that it narrows the field of vision into a very small tube so they can't see the options,” according to Dr. Adam Kaplin, an associate professor in the departments of psychiatry and neurology at Johns Hopkins University.

The goal of helping is giving people who suffer from depression a voice and allowing them to be heard. This pulls them out of isolation and helps them feel loved.

Reach out to them, be with them, and listen to them.

This will and can save a life.

It saved mine.

Depression is a disease of the heart, one that equals sadness.

Suicide is not reversible, but sadness, if it is caught early enough is.

With compassion, empathy and kindness to one another, we can reverse the disease. We can save each other with sympathy, honesty and love.

*Have a story about depression that you'd like to share? Email [peacestartermeditation@gmail.com](mailto:peacestartermeditation@gmail.com), and you can record your story in your own words and I will be happy to publish at <https://bayart.org/>*

*Need help? In the U.S., call 1-800-273-8255 for the National Suicide Prevention Lifeline.*

## Natural Treatment for Whole Body Wellness

Sadness doesn't always need treatment. And it's important to remember that the pain muscle and the joy muscle are the same. If you can't feel one, you won't feel the other.

That said, clinical depression sucks, and if you're someone who suffers from it, my heart goes out to you. I'm in no way intending to diss anti-depressants or suggest you ignore your doctor's advice. I know anti-depressants can be life-saving for people. But unless you're suicidal or otherwise in dire need of urgent medication, before you dose up on side-effect laden pharmaceuticals, it's worth considering some natural treatments that might help lift your mood.

### **Let Food Be Thy Medicine: A Diet for Depression**

Lisa Brennan has experienced the effect that diet can have on depression. She was first diagnosed with depression as a teenager and has had several bouts of depression as an adult.

"I'd often eat unhealthy food because it was easy, and sugary foods would boost my mood for a while," she says. "But after a few hours, my energy level and mood would plummet and I'd feel really lousy. Now that I eat mostly vegetables, beans, and whole grains, I feel better and I have a lot more energy. I don't think I could have gotten over my depression if I didn't change my diet."

Many specialists agree that a healthy diet of whole foods such as whole grains, vegetables, fruits, beans, fish, and lean meats, is best for people with depression. "We know that diet can have a strong influence on mood," says Eric Endlich, PhD, a Boston-based clinical psychologist. "And eating a balanced diet can keep your blood sugars stable throughout the day and help calm your mood. This stability is especially important if you're depressed."

Researchers are studying specific vitamins and nutrients in foods to see if they have a positive effect on depression. Omega-3 fatty acids, folate, and vitamin B12 show some promise. Experts aren't certain of the role these substances play in boosting mental health but believe they may help with brain function. However, some experts caution that one of the greatest risks of these treatments is that people who use them may delay in seeking well-established treatments.

### **Depression and Diet: Should You Avoid Some Foods?**

Healthy eating when you have depression may also mean avoiding certain foods and beverages. For example, foods and drinks that are high in added sugars, such as processed foods, soft drinks, and sugary snack foods, may cause blood sugar levels to go up and down dramatically during the day. This may have a negative effect on mood and energy levels. It's also a good idea to avoid alcohol, which can make depression worse. For some people, caffeine may also contribute to depression.

"I've found that sugar and caffeine are the two biggest dietary culprits in depression," says Larry Christensen, PhD, professor of psychology at the University of South Alabama in Mobile. "About 20% to 25% of my patients find relief from depression when they cut caffeine and added sugar from their diet."

Christensen recommends that patients remove caffeine and sugar from their diet for two weeks to see if these substances are making their depression worse. "The results can be really

remarkable. I often see a huge difference in patients' depression simply from making these changes,”

### **The Benefits of Exercise for Depression**

Exercise can also have a positive effect on your mood and energy level. “Not only does exercise reduce depression, but it gives people a sense of self-mastery and empowerment,” says Keith Johnsgard, PhD, emeritus professor of psychology at San Jose State University and author of *Conquering Depression & Anxiety through Exercise*.

“I first discovered the benefits of exercise on my own mood,” Johnsgard says. “I started exercising on my lunch break three times a week and was surprised at my increased level of energy and reduced stress.”

As a result, Johnsgard began prescribing exercise to his depressed patients and found that many of them experienced positive results as well. In some cases, Johnsgard started taking therapy sessions out of the office and walking with his patients. “Because exercise is a tool people can learn to use on their own, the results are often more effective and longer lasting than taking a medication,” he says.

Indeed, a study published in *Psychosomatic Medicine* in 2007 found that exercise was as effective as medication in treating depression in some people. Research has shown that exercise causes biochemical changes in the brain that are similar to those produced by medication, including an increase in serotonin levels.

Exercise may also be a good option for those who are unable to take medication, including some older adults, pregnant and postpartum women, and children. Studies have shown that exercise can reduce symptoms of depression in all of these groups. And those who exercise are less likely to have a relapse of their depression.

Another benefit of exercise for depression: It has no side effects. “Because exercise is good for your whole body, there's really no downside to adding some kind of exercise to your treatment regimen,” Johnsgard says.

### **What Talk Therapy Can Do for Depression**

Talk therapy, or psychotherapy, is another valuable tool to combat depression. Two kinds of therapy -- cognitive-behavioral therapy and interpersonal therapy -- have been found to be especially useful in treating depression. Cognitive-behavioral therapy (CBT) helps you look at how negative thoughts and behaviors may be contributing to your depression. CBT teaches you how to make positive changes in how you think. Interpersonal therapy can help you improve your relationships with family and friends, so you feel better.

Talk therapy can last anywhere from several weeks to several years and can be one-on-one with a therapist or in a group. Many people combine therapy with other treatments, such as medication or exercise.

“Talk therapy gives you skills to help deal with your depression long term,” says Christensen. “A therapist can work with you to give you strategies to help fight your depression and ways of handling your depression so you have more control. This helps you stay feeling better in the long run.”

### **Meditation: Connect to the Part of You that Isn't Depressed**

[Meditation](#) has been shown to be a powerful treatment for relieving both stress and mild-to-moderate depression. Numerous studies have examined the effects of mindfulness meditation, designed to focus the meditator's attention on the present moment.

One study measured electrical activity in the brain and found increased activity in the left frontal lobe during mindfulness meditation. Activity in this area of the brain is associated with

lower anxiety and a more positive emotional state. Meditation trains your mind to become aware of the silent witness within you that is independent of the universe you are observing. This core self is not a philosophical or theological concept; it is an experience of your authentic existence.

With an established sense of the silent witness, it will be easier to not become identified with the darkness of your depressed days.

If you have major or severe depression, it's important to proceed with caution. To be of real value, meditation must take you inward; but the deeper you go, the more hidden material will be brought to the surface, including old wounds, difficult memories, and perhaps the contributing emotions that are linked to depression. It's tempting to use meditation as an escape, but the results can easily backfire. For those coping with major depression, I suggest meditating in a group for only a few minutes a day; or if that is inconvenient, do a simple breathing meditation for about ten minutes, twice a day. You may also benefit from downloading [Peace Starter Meditation](#) with instruction in a variety of meditation types, including visualizations, breath work, and mantra meditation.

### **Restore Balance Through Yoga**

When we're coping with emotional pain, a purely mental or intellectual approach usually isn't enough. Although our mind may try to think its way out of pain, it can quickly become confused or trapped in repetitive thought-patterns that actually intensify our emotional turmoil. When we invite our body and spirit to be part of the healing process, however, transformation can unfold.

The ancient wisdom tradition of yoga offers practices that unite the mind, body, and spirit, allowing us to experience deep emotional well-being and restful awareness. When your physical, intellectual, and spiritual selves are working in union, our life becomes more balanced and we become more flexible – both physically and emotionally.

**How Yoga Releases Emotional Blockages:** Every experience in the mind is accompanied by shifts in the body's chemistry. When you say, "I feel depressed," you're acknowledging that your body is generating disturbing sensations. Feelings are so named because we feel them in our body. These sensations result from changes in hormone levels and in the pattern of nerve firings within your nervous system.

These physiological shifts can persist long after the emotionally upsetting experience that first triggered them. Over time, your mind-body system reflects your emotional history. Through yoga, you can release the emotional toxicity stored in the body. Just as changing thought patterns can influence the body, changing the position of the body can influence the mind and facilitate emotional release. As you stretch your muscles and expand your range of motion, you shift the bodily patterns that trap emotional pain. Yoga poses, breathing practices, and meditation release the constriction and free the flow of the vital life-force energy known as prana. For instance, slow, deep, conscious breathing is very effective in prompting the relaxation response to counter elevated levels of stress hormones. An important component of yoga is paying close attention to what's going on in the body at all times and locating and releasing any areas of tension. Although you can feel the healing effects of yoga after just one session, a regular practice is required if you want to experience the full benefits yoga offers.

### **Sticking With Your Depression Treatment**

Whatever treatment plan you choose, it's important to stick with it to give it enough time to work. It may take up to several weeks or longer before you start to feel a benefit from any depression treatment, including antidepressants. Make sure to keep your doctor involved in the process and let her know how you're doing.

If your treatment plan isn't working after a few weeks, don't give up. There are many different medications and treatment options you can try. Often, people find that if one type of treatment or medication doesn't work, something else will.

"I just kept trying different things until I found the combination that worked for me," Brennan says. "It takes a little bit of work, but the end result -- getting over my depression -- has definitely been worth it."



## 30 Days to Change Your Life

Now according to popular wisdom, it takes 30 days to make or break a habit and you will be learning what it takes to create the life you want. Following workbooks are designed for you to cultivate different qualities of awareness into your life so you can achieve mental and emotional states of peace and happiness. If you commit to these challenges, I promise you will experience dramatic positive shifts in your well-being, physical and emotional health, and your vitality.

[30 Days to Happiness](#): Learn how to live in the present moment and experience true, long lasting happiness, in under 5 minutes

[30 Days of Stress Relief](#): For anxiety, panic attacks, stress, health anxiety, social anxiety, confidence & self esteem

[30 Days of Meditation](#): How to Meditate Deeply – Meditation Techniques to Relieve Anxiety & Improve Your Health in 5 Minutes

[30 Days to Gratitude](#): Learn how to appreciate all the good in your life and thereby create even more of it with an attitude of gratitude

[30 Days to Freedom](#): Learn how to always overcome resistance, take action, succeed every day, and make changes that last.

[30 Days of Affirmation](#): Learn Affirmations To Achieve Success, Self Motivation And Confidence In Your Life

Also you can enjoy our [inspirational blog post](#).

## About the Author

Deniz Yalim is the founder of BayArt which is about Mindfulness Meditation for Relax, Breathe, and Quality of Life to Reduce Stress, Anxiety and Depression.

Deniz Yalim is the founder of [Peace Starter Meditation](#). With Peace Starter, the physiology undergoes a change and every cell in the body is filled with more prana (energy). This results in joy and enthusiasm as the level of prana in the body increases and the mind becomes fresh, delicate and beautiful.

## Connect with Deniz Yalın

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