



HEADSTRONG

BREAKING FREE OF DEPRESSION

An expert guide to taking back control

by Brian Costello

Introduction

My name is Brian Costello and I want to be honest right from the beginning; I have never 'had' depression. I have had down days, down times and I would even say perhaps a year or so where I was pretty fed up but I would never class it as depression.

However, I watched my wife do depression for a number of years before I learned how to begin to deal with it. I watched her put herself through extreme dark periods and prolonged periods of anxiety and, you know, she has now come out the other side. She is now stronger, happier and healthier than she has ever been. And she isn't special. Anyone can do what she has done.

In the last few years I have also had the privilege of using what I learned during my wife's experiences combined with my knowledge of NLP and the mind to assist countless other people out of the darkness of depression into a brighter place, to reclaim their lives, relationships and careers and live life again.

It is possible. There is hope and my intention in writing this is to show you that the path to recovery starts within you. Whether you are using drugs to manage your state or not, the process of getting your life back starts now and starts inside your mind.

You are not sick.

You do not have a disease.



Your mind is working perfectly doing exactly what you've taught it to cope with whatever has happened in your life.

It just needs to know there is another way...

I wish you luck in your future and hope you enjoy this brief guide.

With respect and good wishes

Brian

1. Depression: The Search For A 'Cure'

Take some time to read this -

“Try for a moment to imagine a personal world drained of emotion, a world where perspective disappears. Where strangers, friends, family, and lovers are all held in similar affection, where the events of the day have no obvious priority. There is no guide to deciding which task is most important, which dress to wear, what food to eat. Life is without meaning and with meaning has gone motivation. This colourless state of being—the very antithesis of the emotional outpouring experienced in grief—is exactly what happens to some victims of severe melancholic depression. Emotion drains away to be replaced by a visceral void.” — A Mood Apart — Peter C. Whybrow, MD

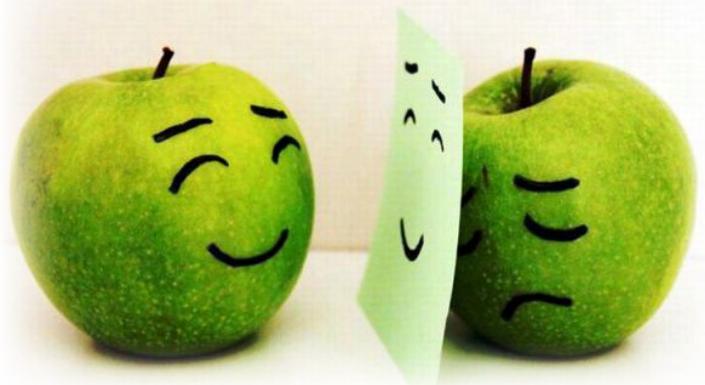
That description is daily life for many people who are caught in a cycle of depression.

Because I don't know you personally yet, I don't know if you are reading this because it is you that is doing depression or if you are reading this because someone you know, perhaps even someone you love dearly, is doing depression and , let me tell you now, both reasons for reading this are OK.

I want to speak to you about depression because I understand, from personal experience, how depression affects families, careers, friends, health and every other area of life that gets touched when someone is in the emotional void. I have watched as people I love and care about have forgotten how to smile and it is heartbreaking no matter what side you are on.

More importantly, I want to speak to you today about how, once you are in it, you can start to get back out of it. This is knowledge that I seldom see shared and knowledge that I believe people across the world should know.

I want to let you discover how it is possible to quickly climb out of that 'visceral void' that Whybrow speaks of in the first paragraph. I want to show you how you can totally reclaim your life back and begin to feel murmurs of motivation deep down inside your body and respond to them with a smile. I want to let you know that, no matter how bad you feel now, you will not feel like this forever, you are not broken and your life and happiness is waiting for you when you are ready.



That might seem like a tall order for you just now if you are still drowning in the

sticky, treacle like emotional state we label as 'depression'. The thought of living your life again and even the thought of just being motivated again may strike a fear deep down inside your belly that aches like an old wound that splits and reopens every time you try to get back on your feet.

That is why I am not saying to you that you need to start recovering right now. I want to give you the choice to start recovering now and, once I've done that, the decision as to when you are ready to climb up and out of where you are now is all yours.

First of all, I want to speak to you about how you may be treating your depression and specifically I want to let you into some facts about Antidepressants that, in my experience, many medical professionals miss out when they are writing the prescription.

I would guess if you are not taking a brand of antidepressant yourself then you will know at least one person who is. I would also guess you will have heard of brand or pharmaceutical names for these antidepressants; names such as Celexa (*Citalopram*), Seroxat (*Paroxetine*), Prozac (*Fluoxetine*) or Aphexor (*Venlafaxine*).



Can I start off by saying I don't believe that antidepressants actually help anyone recover from a period of depressive thoughts although, at times, they serve a useful and essential purpose.

If you are unfortunate enough to fall and break your leg then you will be put in plaster and given a crutch to help you walk while you heal. This crutch is, at times, an essential life line because if it wasn't for this crutch supporting your weight and keeping you off your broken leg then the pain would be excruciating and your chances of a full recovery would be very low (in fact you may even do more damage). However, we all totally accept the fact that the crutch itself is not directly responsible for any of the healing processes (e.g. your bones reforming, your muscles regaining their strength, rebuilding your confidence in the ability of your leg to do everything it did before). The crutch is merely a short term support mechanism while your body heals itself.

Antidepressants are a crutch for a mind that has lost the awareness of how able it is to hold itself up. In times when the emotional pain is too bad to remember how it felt to be happy, antidepressants provide a simple means of support while a deeper recovery takes place. Can I ask, have you ever been told before that antidepressants are just a support mechanism or are you one of the millions that believes that antidepressants are actually a 'cure' for depression?

We'll come back to the 'cure' in a minute but first let me return to that broken

leg we were talking about.

Now imagine you are there with your broken leg and your crutch and your leg is still hurting bad. You decide to go back to the doctor after 2 weeks of hobbling about and say "Doc, my leg still really hurts. I'm still in a lot of pain what should I do?". What would you think of your doctor if he or she went to their special cupboard, gave you an extra crutch and told you to just use two crutches instead of one for the next few weeks?

Imagine you then go back 2 weeks after that with your two crutches and tell your doctor "My leg feels really weak now and I've noticed that I can't put my weight on it". Your doctor removes your crutches with a knowing smile, gives you a lovely new, shiny wheelchair and tells you "Stay in the chair, keep all the weight off your leg and don't move or exercise your leg in any way and you should see it get better soon".



Imagine then you go back after another 3 weeks, wheel yourself expertly into the surgery and report "Doc, my leg feels quite odd. It feels like it's withering away and the pain is just as bad as it always was if not worse. I'm having muscle spasms and the cramp is terrible. I tried to put my weight on my leg the other day and almost fell over. What should I do?". Your doctor makes that 'bad news' face and says "Sorry, you are going to have to spend the rest of your life in the wheelchair. In my expert opinion your leg is genetically weak, broken legs obviously run in your family. Did your mum or dad ever break their leg? See, that explains it. You're always going to be like this and we tried everything we could. It's a shame and maybe we can think of amputating your leg if it gets really bad"

Sound like fun? I'm pretty sure, if this was your broken leg, you would have been asking for a second opinion and physiotherapy pretty early on. Why? Because fundamentally you understand that to make a muscle stronger you have to use it, put your weight on it and sometimes you even have to work through some pain to get the benefit on the other side. You also understand that if you give your body exactly what it needs to heal then your body will heal itself.

If you are stuck in depression you don't need medicated. You need physiotherapy for your mind. You need to start working the 'mind muscle' to make it stronger and more able to cope. You need to remove whatever it is that is causing it pain and allow it to heal. A pill simply cannot do this for you and that message is seldom passed on.

2. Medicating Depression

I got a real shock recently when I had a quick search for figures and found that there were over 27 million prescriptions issued for antidepressant medication in the UK in 2011. That's enough prescriptions to medicate HALF the population of the UK!

It is now just accepted that any client I see with anything from insomnia to anxiety will have been prescribed an anti depressant/SSRI tablet.



Now I am well aware that we can play with stats and official figures all day and I'm sure someone could easily use these same figures to show that actually the problem was much smaller than I have suggested. With that in mind let's get on with what this is all about.

I want to say that I have a lot of time for good doctors. For example, my family have a fantastic GP who has helped our family through the birth of our two daughters, various scrapes, knocks and illnesses and, most importantly, my wife's journey out of depression. I am assuming because of our experience that your GP is someone who is doing the best they can for all their patients with the limited resources, time and finance they have. I have every faith that when a GP writes a prescription for an antidepressant medication that they are doing absolutely everything in their power to assist that person in getting better.

However, another study by MIND in 2007 said that 93% of GPs have prescribed antidepressants because of a lack of alternative treatment options. This means there is a significant number of people out there taking powerful mind numbing antidepressant medication not because it is the most effective treatment available but because it appeared to be the ONLY treatment available.



A recent case I dealt with involved a 17 year old boy with anxiety symptoms who, after attending an appointment with a psychologist for 30 minutes, was diagnosed Fluoxetine* (aka Prozac). Honestly, how can anyone prescribe such a reportedly strong drug off the back of a half hour appointment? But then, I digress...

And now we have growing scientific evidence that actually antidepressants aren't the effective treatment everyone thought they were. This means that the 'ONLY treatment available' may actually be largely ineffective and the majority of GPs are unable or unaware of what other more effective treatment options are

**can I just add here that I met with this lovely guy for an hour and we sorted the problem out immediately. He now no longer takes Fluoxetine or any SSRI/Anti depressant medication*

available.

So what is this scientific evidence then?

When scientists test a new drug they tend to compare it against a placebo, or dummy, drug. For example, imagine you and I were involved in a drug trial for antidepressants. We would both be given a tablet and told that it was some sort of antidepressant. However, in reality, the tablet you take might be Citalopram (an antidepressant) and the one I take is made of nothing more than sugar. By doing this type of test scientists check if a drug really has a positive effect or if the body is just naturally healing itself.

If I show an improvement in my symptoms even though I am only taking a sugar pill then this is known as the 'placebo effect'. I have proven my body's natural healing ability as I took no 'active medication'.

So keep thinking about that as you read these;

- Early in 2008 the New England Journal of Medicine reported that around 33% of trials on antidepressants were never published by the pharmaceutical companies that carried them out. On review of the data it was found that 94% of trials that showed a positive result for antidepressants versus placebo were published as opposed to only 14% of those showing a negative result.
- In 1998 in an article called 'Listening to Prozac but hearing placebo' scientists proved that only 25% of the effect of an antidepressant came from the active medication, 50% came from the placebo effect and 25% came from 'other nonspecific factors' whatever they are.
- In 2008, the journal PLoS Medicine, which publishes peer reviewed scientific reports and research from across the world, ran a headline "Antidepressants Don't Work". The report studied all clinical trials submitted to the American FDA for fluoxetine (Prozac), venlafaxine (Aphexor), nefazodone (Serzone) and paroxetine (Seroxat) and found that there was 'virtually no difference in the improvement scores for drug and placebo in patients with moderate depression and only a small and clinically insignificant difference among patients with very severe depression'

Surely this information must have been discredited or the medical community would do something about it, wouldn't they? Well...

- Dr Richard Tiner, of the Association of the British Pharmaceutical Industry, said to the BBC in 2008 there was no doubt there is a "considerable placebo effect" from anti-depressants when treating people with mild to moderate symptoms.
- Current UK National Institute for Health and Clinical Excellence (NICE) guidelines for Doctors say: "In moderate depression, offer antidepressant

medication to all patients routinely, before psychological interventions" (it is important to note that NICE guidelines recommend other approaches such as counselling for mild depression and they concede that diagnosis of mild to moderate depression is difficult)

- The scientists that carried out the study 'AntiDepressants Don't Work' were publicly reported as stating "*given these results, there seems to be little reason to prescribe antidepressant medication to any but the most severely depressed patients, unless alternative treatments have failed*"

Now, I want you to understand this information clearly.

This evidence means that the majority of people who are feeling lighter, happier, calmer or any other psychological benefit from taking antidepressant medication are actually feeling better because of something they are doing 100% naturally themselves and any improvement or recovery has very little or nothing to do with the drug they are ingesting.

People are healing themselves. Just like if you had a broken leg, your natural patterns of healing are in place and succeeding.

And that is all powerful information that you might not have known before now.

There is a popular belief these days which says depression is a disease or an illness. Scientists continue to look for the 'depression gene' and people say that 'depression runs in my family' as if it is some sort of faulty wire in their brain that is never quite right from the moment in the womb that their neurology is wired up.

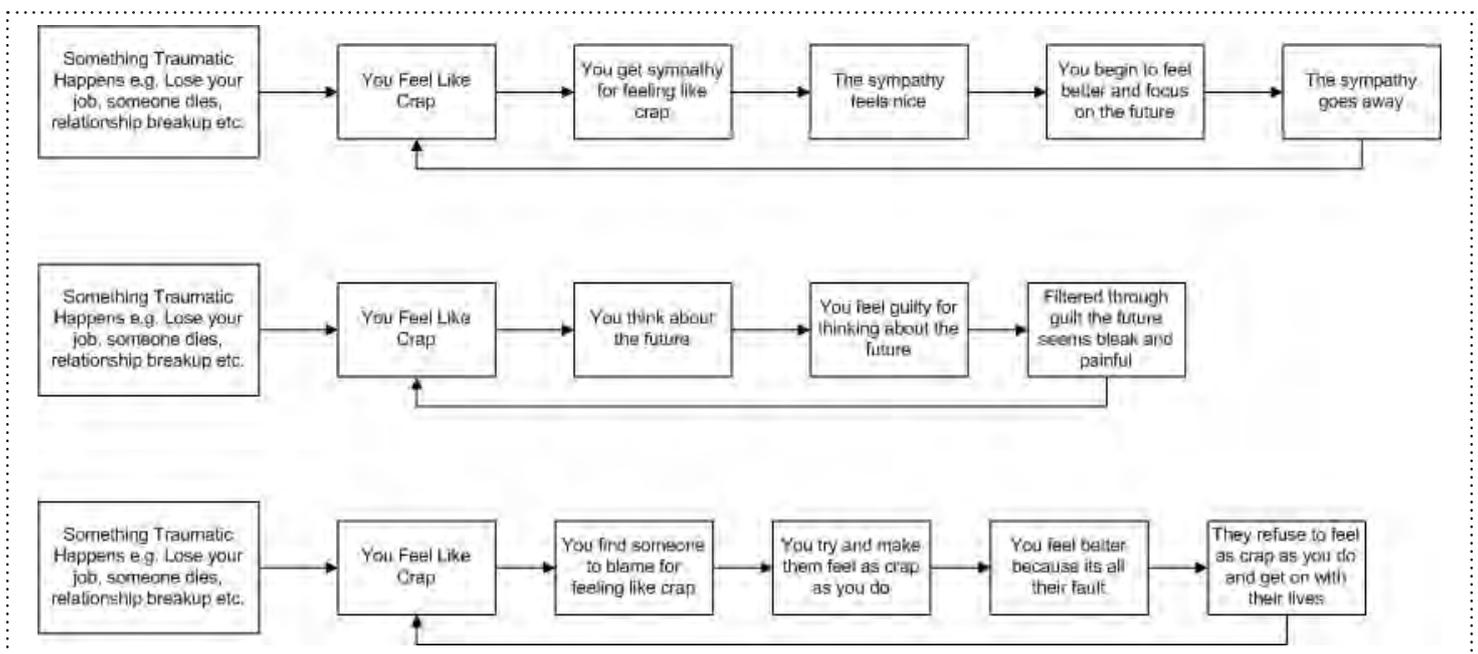
I say...that's total crap!

3. The Process of Feeling Depressed

My experiences of helping people with the symptoms of depression, my studies into human behaviour and the many people I have witnessed changing their lives in only a matter of hours, sometimes quicker, have proven to me that depression is not an illness or a disease.

Depression is a process. A series of steps that an individual goes through that will result in their mind and body reacting with depressive feelings such as tiredness, lethargy, agoraphobia and all the other symptoms we have talked about already.

Here's some examples of the ways that I've witnessed the process of depression working:



I want you to understand that I take depression very seriously and these are just 3 examples of how it works and everyone's experience is different. Sometimes people need this cycle to repeat 3 or 4 times before they forget how to get out of it, sometimes it only takes one massive, emotional event, sometimes the chain of events is too long to fit on this page but essentially this is how it works.

Of course, at the end of each of these examples, place a visit to the doctor where the patient says "I've been feeling like crap for x weeks/months/years because of...". You can guess the rest.

And it is because depression is a process that no antidepressant can 'cure' depression. In fact in many cases the antidepressant can interfere with the mind's natural healing processes and slow the ability of a person to help themselves. If you are doing depression, you are feeling pain for a reason and until you deal with the reason you will continue to feel pain. A tablet cannot take that away just as a crutch cannot heal a broken leg. Just like physiotherapy will make the broken leg stronger you have to regularly work the parts of your mind that are feeling pain to

make them strong and able to support themselves again.

Now, I can't give you a full run down of all of the different ways you can start to work your mind and make it stronger because there is just so much you can do and that is why I've chosen some of the simplest and easiest advice I give my clients to ease them back into normal life again.

I promise, this is the information that every person in the world who runs depression needs to know and is information I give all my clients who come to me looking to come off antidepressant medication.

4. Breaking The Cycle

When I am helping someone break their cycle we look at 3 aspects of their depression. The first of these aspects is their -

Physiology

Next time you feel a bit down notice what you are doing with your physiology (body, muscles, bones etc.)? People doing depression do not tend to walk around smiling, breathing deeply and calmly, greeting people with a cheery 'Hello' and inspiring people with their sparkling eyes and powerful stature!



However, I have yet to find someone doing depression that does depression every second of every minute of every day. It may feel like that sometimes but I guarantee there are times during every day when someone with depression is just bored or scared or excited or melancholy or happy or interested or confused or supported or friendly or compassionate or any of the myriad of other daily emotions you can think of. They are all there, it's just the main feeling is depression and that means you tend to forget all the other emotions that you felt throughout the day.

People tend to have a set of physical cues that tells their mind how to think; including how to 'be depressed', don't they? To be depressed people need to slump their shoulders, hang their head, breath really shallow, not be very active or move very fast and stare at the floor. It's just a physiological fact.



In the famous book 'Quantum Healing' by Deepak Chopra we are reminded that you are not a physical form which evolved to have thought, **you are thoughts which evolved to have a physical form.** The body and mind are intimately linked and anything that affects one will affect the other. What you do with your body matters because your body tells your mind what to think and your thinking tells your body how to move and feel.

Using Your Body More Effectively To Break The Depression Process: To start with these exercises might take a little effort, understand that the process has not been broken yet and by repeated focus on your physical body you will begin to heal. These exercises are physiotherapy for your mind.

Take exercise - you don't need a gym membership, just go for a walk once a

day. Find somewhere quiet like a park or by the sea if you can but even going for a walk to the city centre will work as long as you can switch off and lose yourself. This is time for you. If you come back more wound up then you're not likely to do it as much as you need to so set yourself for success. Start small, build it up. **Once a day**, remember, at least!

Break The Body Cycle - When you feel the depression process starting, and you start all that negative self talk inside your head that gets you down, break it immediately by moving your body. Stand up, dance, jump, jog, shadow box, do your best over the top impression of the Karate Kid ('wax on, wax off!'), look at the ceiling and smile, wave your arms, **JUST MOVE, MOVE BIG AND KEEP MOVING UNTIL YOU FEEL BETTER!** Use your body to tell your mind that you are going to do anything but sit still and stare at the floor again. Take positive action to break this cycle, I promise you have the energy deep inside you to do this.



Centre - Here's a tool I've taught many people because it works and is so simple - this works best standing up and if you need to sit down to do it (perhaps you're on a train or something) then it will still work. Wherever you are reading this now I want you to imagine that you can see, hear and feel the 'energy' in your body. Imagine being able to move that energy by simply focusing on it and shifting it. I want you to see if you can move all your energy - from your arms, legs, head, body etc. so that all your energy begins to gather about 2 inches below your belly button. Do it just now.

Imagine it all collecting in a big ball of soothing, powerful, centred energy just below your belly button. Imagine it being your favourite colour and what would it feel like down there gathered and powerful and strong. Now keep going and focus on that spot 2 inches below your belly button until you have as much energy there as you can muster and then just notice how your head feels. Keep it quiet for at least 30 seconds...

How nice is that?

You can do this anywhere, at your desk, in the toilet, on the train or bus, in a pub or nightclub, at dinner... **anywhere** and it will instantly calm you. If you're not feeling totally calm yet then keep practising it will come and like most things it just takes practise.

Smile - Sounds too simple? It has now been scientifically proven that simply smiling is an effective and medically valid treatment for lifting feelings of depression. It makes sense that if the body and mind are linked then smiling - the ultimate physiological response to happiness - will tell the mind that all is well.

Try smiling - the biggest cheesiest smile you can muster - for 60 seconds and see what happens. Try it in front of a mirror for extra effect!

Can i just add here that doing these physiology changes isn't something that will only take 5 seconds. You can't quickly force a smile in the mirror, let it fall away and then say 'see, didn't work'. Your mind will take a few seconds to catch up on our body so stick with it. All these exercises need at least 30 seconds to a minute to work and preferably a lot more. The longer you do it, the better you'll feel.

Oh yes and remember to **Breathe**. Relaxed, focused, deep breathing right to the bottom of your lungs. Just try it for 30 seconds and 'watch' your breath going in (become aware of the sound, the sensation, the energy of the breath) and then back out again. Once you can breathe easily and deeply for 2 minutes then move up to 5 minutes and then ten minutes. Now do it every day at least once!

Try it while doing the centring exercise and see how incredible that makes you feel.

The second of the 3 stages I look at when turning around someone's life is -

Focus

I once heard that trying to control the mind is like trying to control a sunburned monkey! An interesting analogy yet for many of us a very accurate one.

As we showed earlier a pattern of depression comes from a process where your mind is continually focused on feeling like crap. This rarely happens on purpose although if you were honest you would probably admit that you do know exactly how to put it on when you need to.



If you consistently focus on negative and painful thoughts, run internal images of worst case scenarios and keep looking to the past for answers on the future then you are running the perfect mental recipe for depressive feelings. Think about it logically, if you continually focus on crap things inside your head how do you expect to start feeling better now?

Happy people tend not to run worst case scenarios over and over again inside their head and I bet before this all started you didn't either.



So let's continue your 'physiotherapy' for the mind and start building your mind muscle by remembering that

1. The past doesn't equal the future and
2. What you focus on you will feel.

Have A Reason Why - There is a book I recommend you read called '*Mans Search For Meaning*' by a guy called Victor Frankl. This book is a tale of how one man survived the Holocaust and the despair of being locked in a concentration camp and how, through all his personal struggle, he begins to realise how strong people can be. He sums this up beautifully in one phrase attributed to Nietzsche;

"He who has a why to live can bear with almost any how"

It's time to find your why. What are your goals, your aspirations? I know you might not have thought like this in a long time and it's because of that it's important to start thinking like that now.

Here's another way to do it; I want you to simply close your eyes and drift off into a daydream state. Breathe deeply and calmly while you begin to imagine what your perfect life will be like in 1 years time once you have stopped depressing yourself. Just think about how it will look, what will you say to yourself inside your head, how will you feel different.

I know at first it might feel a little silly or it may even be a little difficult to keep the thoughts without the wee voice in your head telling you that it will never be like this but indulge me and try it out now. Keep trying until you can keep the thoughts in your head easily for a couple of minutes and let yourself enjoy them.

Go for it, think about romance, career, your home, your finances; imagine in 2 years time if all the pain was gone. How long ago did it go away? See yourself dancing, achieving, loving, laughing. Just imagine your life a year from now in glorious Technicolor for as long as it feels great to do it.



If you want (it really does help) now write down what you saw, felt, heard and experienced on a sheet of paper. It doesn't have to be a work of literary genius just right it down honestly and in as much detail as you can remember and pin it somewhere where you will see it regularly.

Tell The Truth - When people have emotional challenges they tend to lock themselves away inside their head; telling yourself you will be a burden on the people that care about you or that the people you love don't want to hear about

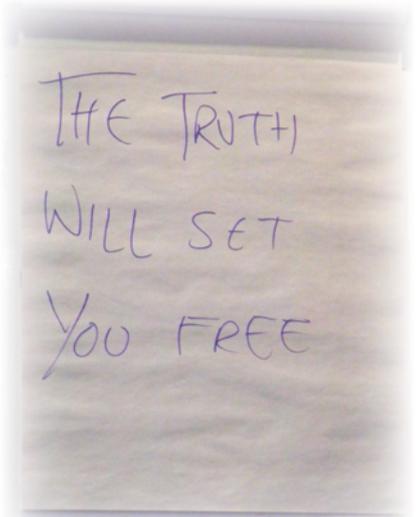
your problems as they have enough of their own.

So, to cope with this imagined burden, you begin to dilute your feelings or start lying to people, telling them that you're OK when inside you're hurting badly or even more damaging telling yourself you're OK when you know that you are so far from OK you've forgotten what OK feels like.

This challenge is one of the biggest I find in people doing depression and also one of the most liberating to free yourself from. One of my trainer's once said that 'The truth will set you free' and it is true. Being honest with your family, your friends, your lover, your children and possibly even your work colleagues if depression affects your work in anyway will release so much of the pressure you hold within you.

I know just now that may seem bonkers! 'Tell my WORK? This guy is CRAZIER than I am!!' but I promise it really does work. People do care, people will help. There will be some that won't understand and, to be honest, they don't matter. Just unload, start with one person and see how it goes. It is easier, write it all down and give them a letter.

And whatever you do, make sure you tell them the truth. The truth is enough and you don't have to tell them anything that will make the cycle of depression seem any worse than it really is.



If you start embellishing the truth and making it seem worse than it is then you are only feeding your need for significance and ultimately it will come back to hurt you. There are other, better ways to feel important to the people you love, respect and work with and telling lies to make it sound more dramatic isn't one of them.

I know what you're thinking and yes, you will probably cry when you tell people for the first time and, for a short while

as you tell them how you are coping, you might find yourself crying a fair bit but, continue to be honest and, the tears will stop. And when the tears stop, and I guarantee they will, you will feel a calmness inside that you haven't felt in a long time.

The simple act of being honest will allow you to find the insights, discoveries and belief in those around you that will free you from the slavery of your secret depression.

Decide to Decide - Sitting in front of the TV with a large box of chocolates is not a prescribed or effective treatment for depression! Neither is hiding in the house, giving up hope or blaming the world for all your problems! It may sound flippant and in a way I hope it does because the sooner you realise the futility of sitting doing nothing and start making positive decisions to get yourself back on your feet the better.

And these decisions can be as easy as you want them to be;

- Decide to do just one thing tomorrow that you enjoy
- Decide to meet a friend for lunch
- Decide to book yourself in for a haircut to make yourself feel special
- Decide to take a day off and go shopping
- Decide to listen to some music
- Decide to start living



The decisions you make now can easily start small and then you can work yourself up to bigger things. Just focus on making the decision and seeing it through until it's done. Decide what you are going to do to make your life just a tiny bit better and focus 100% on doing it now.

As the famous philosopher Yoda once said "Try Not! Do or Do Not! There Is No Try!"

And that brings us on to the last of your 3 principal focus areas for change and to many people this is a surprise.

Language

I'm pretty sure you've heard at one point or another that words have power and no words have more power than the words you say to yourself.

By changing the way you speak to yourself you can change your whole body chemistry and it's simpler than you might think.

Stop 'Suffering' - If you continually tell yourself that you are suffering then no wonder you don't feel like getting out of bed in the morning. Change your language. Realise that depression is a totally natural emotional reaction and in that it can be swapped around. Tell yourself that you are 'doing depression' or that you are 'feeling depressed' and resist the urge to get caught up in societies 'suffering' state.

What you feel is at times heavy and can be hard to deal with yet it is just part of

the process; the process of depressing or being depressed.

'My Pills' - In my experience helping people out of their cycle of depression one common aspect is that people refer to their medication as 'my pills'. Just a small point, they are not yours! To say 'my depressants' or 'my pills' is the same as a child saying 'my teddy bear' or 'my sweets' and implies a deep connection to the tablets themselves.

Start now referring to them as 'the pills' or 'the antidepressants'. Disconnect and separate yourself from the medication you have been prescribed.



Try it out. A tiny difference in language; a huge difference in focus and belief.

Don't 'Don't' - Remove the words 'don't', 'can't', 'mustn't', 'won't' or any other word that ends in 'n't' from your language. In order to process a negative your mind must first remember the thing you don't want to think about so that it knows not to think about it. For example, don't think about your kitchen now. Oops! Consciously or not your kitchen will have flew through your head there, didn't it. Exactly the same happens when you tell yourself at night "i'm not going to feel depressed tomorrow". Your mind hears "I'm not going to feel depressed tomorrow." Start telling yourself now what

you DO want to feel. Instead of

"I'm not going to be scared tomorrow and I won't let them all get to me"

try

"Tomorrow I'm going to feel OK and handle the day easily".

Again subtle differences in language give you huge differences in focus and physiology. This takes practise and it is OK if you hear yourself say "I don't/won't/mustn't etc...". Just follow up the statement by asking yourself the question "Well how do I want to feel instead?".

With a bit of practice you will realign your focus by using your language which will in turn begin to change your physiology.

5. Time To Move On

Some final tips to make this short guide work for you and help you begin to move out of depression as soon as you are ready to do it.

Take the time to practise just one thing a day from each of the three sections (Body, Focus, Language) and notice how quickly you begin to notice changes happening in your world. The changes may be small at first or they may be really significant and your job is to notice that positive change is a good thing whether big or small/

Keep going and keep practising. Practise even on the days when you just think it's too tough and you can't be bothered because you've got 20 other things on your plate, it's on those days you need to do it more than ever. You are your own physiotherapist for these workouts.

I have seen many people make fast, profound changes to their lives by just putting their attention on working the muscles of their mind back to their previous strength rather than relying on the antidepressant crutch to give them a miracle 'cure'. You can do it too if you are committed to your own recovery.

My intention in writing this is to give as many people temporarily caught in the depression cycle as many ways to start working out their mind as I can. If you have enjoyed it please share it and spread it around. I know what it feels like to watch people you love lose themselves in a cycle of depression and if reading this helps one person out of that cycle then it has done its job.

As you've discovered depression is not a disease or an illness however that does not diminish the effect that it can have on people's lives, families, relationships and careers if it is not managed and supported. It can be truly devastating when you want to get out of something and you just don't know how.



If you have a broken leg it is important to use a crutch until the bone and muscles have healed enough to support you and the same applies to your mind. I am not one of the anti-antidepressant brigade; in many cases they serve a useful purpose but I do want you to understand that they are only a temporary support and are not and never will be a 'cure'. You need to be doing the right exercises to make your mind strong again. If you do these exercises then slowly and surely your mind will regain its strength. If you make the decision now to do these exercises your personal healing will happen and in many cases it will happen

quicker than you expect.

You are a being that is built to recover and built to heal. The emotional pain is part of the healing process and if you learn to accept and roll with it rather than fight it and resist it then you will be dropping your crutches very soon indeed.

If you are committed to it and willing to work at it you have a how. Now, what is your why?

Write your why down somewhere, there's even a space for it right here, and commit to living the rest of your life.

Your mind is doing what you have taught it. Now teach it something new.

Good Luck.



Brian Costello coaches people through depression by using established, proven models of behavioural and emotional change alongside new innovations and insights gained through his work with private individuals. Wherever you are in the world, if you are interested in talking to Brian about working through depression, or any other issue that negatively affects your life now, please contact Brian via email @ brian@headstrongnlp.com and arrange a free consultation session.