

You don't have to stay Depressed - whether mild and brief, or chronic and ongoing.
You can help Relieve Depression with one simple strategy.



- * If you can try and replace your depressive thoughts - with happy and positive ones - then your Brain will focus on that, and your negative emotions will start to dissipate.
- * In essence, that is the strategy, and as difficult as it sounds - it helps.
- * In the middle of the Brain is the Limbic area, that deals with emotions.
- * If depressive thoughts keep going - then chronic depression develops - because it causes Inflammation - and then it is classed as a disease.
- * VISUALISE some happy situation, real or imaginary - and let that go into your deep memory. If you do this when you are most relaxed, perhaps as soon as you wake up in the morning.
- * Telling yourself during the day, that I must not be depressed - doesn't work, because the brain doesn't store negative instructions, especially if you are distressed - BUT it will store positive thoughts and emotions when you are relaxed.
- * Doing this every day, will gradually make you feel better.
- * Not meant as a treatment - but definitely helps - is wearing a Pyramid Pendant - which PREVENTS Inflammation in the Limbic area, and keeps it rejuvenated.