



# Depression



With all the bad and horrible events happening in our world today, it is no wonder that so many people are feeling depressed. And this depression has no age barrier or limit. We are finding young children and including the elderly are suffering from this malaise.

However, we have more power than we think. We do indeed have the wherewithal to mind map our own good world within this hardship. Is it easy? No! But can it be done? Yes! Our sorrow and despair must have a due date so that something wonderful can be born. No one can steal our happiness or make us feel inferior if we stay on the throne of our own unique selves.

The following suggestions help tremendously while dealing with emotional depression.

## **Faith**

Belief in a higher power that, though seems far away, are really closer than one thinks. We must believe it to feel it. We are part of a much bigger universe and divine plan. However, it is up to us to do our due diligence and be a better partner to our higher self. Feeling limited causes darkened emotions, whereas feeling limitless causes enlightened mindfulness. Finding and funding our purpose in life is essential for our faith to take form. What surrounds us is never as beautifully promising as what is above us.

## **Generosity**

The deepest rewards come from giving. It also feeds our self-worth. We polish our lives with our good deeds. Love cannot thrive through words; it only endures through actions. Nothing, including all material wealth, can bring us happiness without caring and sharing. These are the two things that can solve most problems. We feel such solace when we are sensitive to those less fortunate. In truth, our hearts and souls are always generous, it is our personality that needs adjustment. In the end result, our giving becomes our own reward.

## **Gratitude**

Gratitude gets us through 1,000 grievances and sorrows. Looking and infusing thoughts of the glass being half full instead of half empty, never fails us. We must never let our troubles define us, as they are just stepping stones to a better way of life. Gratitude holds the power that defeats defeat. People immersed in the energy of thankfulness always end up feeling lighter and more fulfilled. Gratitude is an advanced attitude that sustains our will and our wellness. It screams yes to determination and screams no to vacillation.

## **Knowledge**

There is much to learn and there is much to unlearn. There is a truth, there is the truth. There is self-knowledge, and then there is universal knowledge. Our souls come here to learn and experience. It takes openness, open-heartedness, and willingness to open all that has been stifled and closed. Knowledge fills our needs and diminishes our emptiness. It leads us to problem-solving skills and emotional intelligence. It becomes our forever friend, never to abandon us and our unfiltered pain becomes our unanswered pleasure.

## **Optimism**

Social media is spreading like wildfire, and this fire is filled with information that leaves us feeling sad, helpless, and frightened. The best weapon is to turn it off, tune it out, and not waste our precious moments. It is important to seek out information that mirrors our own good qualities. When joy disappears, we must seek another avenue for its return. When we never run from our self-accountability and escape our self-indulgence, we transform our pessimism into a world of possibility and positivity.

## **Self-empowerment**

We must never give in to victimhood. In fact, everyone, everywhere has experienced some form of being victimized in this lifetime. However, we all have the power to transmute this helplessness into a power. Know that hurt and sorrow stem from a developed heart, therefore they add to our growth and development. Empowerment dwells within us, not outside of us. It imbues in us the willingness to try and fail, rather than fail to try. Such contentment comes from knowing that we gave it our best and it leaves us certain and complete.