

TJ Nelson: Troubleshooting. Again, exercise is so amazing in reversing depression. Key growth hormones, serotonin, the toxic effects of depression is reversed with exercise. We know we need to be doing it. We know we need something purposeful, not just something random. We know it's got to be something we enjoy and we're going to be doing it every week but even with all those in place, you still might find, "I'm still not exercising. I'm still not doing it." Here's one of my favorite tricks that I've used over the years to get basically many, many things done.

The biggest thing is to be accountable. Ask for help. If you need somebody to just call you up and say, "Hey, how did your exercise go," and you know they're going to call you, you're that much likely to do it. If you know that there's someone that's going to be calling up and saying, "Hey, I exercise three times a week. Good job. That's great," but if that's what you've got to do, that's what you've got to do. Don't be worried about getting help and asking for someone to keep you accountable. If you're really having a problem, here's the trick I was going to tell you.

What I've done in the past if I want to accomplish something, let's say it's just starting exercising three times a week for 30 minutes each time. I would call up a friend. I would say, "I'm going to start exercising three times a week for 30 minutes each time every week. At the end of the week on Saturday, I want you to call me or I'm going to call you or email you. I want you to ask me if I did it. If I didn't do it for that week, I'll give you \$100." You can also do it where you give them a check for \$100.

You say, "Hey, I'm going to call you up. If I tell you I didn't do it, I want you to cash that check immediately," but if you know you're going to lose \$100 or whatever amount of money is going to be there to motivate you, you're going to do it. You're going to get it done. Overcoming that initial inertia because in the depressed mind literally you have a reduced effect to take initiative. You need everything you can get to get yourself exercising and moving and getting this as a part of your lifestyle.

If you say, "Hey, I'll give you \$100 if I don't do this," the chances of you not exercising is going to be totally different than if you just knew no one's going to find out. You're not going to have to suffer or pay any disciplinary action for not doing it. If you still find it's hard to overcome that inertia of exercising even at just 10 minutes three times a week tell someone, "Hey, I want you to call me up every week and ask me if I did it." If that's not enough say, "If I don't do it I'll give you \$100 if I don't exercise this week." It will work no matter what. If \$100 is not enough say \$500.

I guarantee you you're going to be exercising three times a week. If on Friday you haven't exercised, you're going to be exercising for 90 minutes Friday night. That is the best way ever to get anything done. That's how I actually made this course. I was sitting here thinking about this course. It was like, "I know I can make a course. I know I can be helpful to people." I'm sitting there brainstorming trying to be too perfectionist about it and talking to my friends and saying, "If I don't get this depression course done in 30 days, I'll give you \$500."

The same thing I want to mention is overtraining. Earlier I mentioned that when you exercise, your muscles call for amino acids especially tryptophan which gives tryptophan a free ride to cross the blood brain barrier and not have to compete with other amino acids so your brain can make serotonin more easily. Some people that might be listening to this are like, "Hey, this guy's only telling me to exercise 30 minutes three times a week. I already exercise two hours every single day. I'm still depressed."

The problem with that is especially if you find that you only feel good when you're exercising and then after that you're still depressed, you don't get that active little effect where you feel better for a couple days after you exercise and the only time you're ever relieved of depression is through exercise, it could be either you're overtraining or that you don't have enough serotonin stores in your brain from your nutrition or amino acids and vitamins that you're taking. If you're overtraining you're going to be burning out your adrenals. You're going to wearing out your body.

You're just going to be fatigued. Exercise is not going to be having an antidepressant effect for you. Especially for a lot of us, it's so easy to just keep pushing forward. I'm going to go do dead lifts, squats and pull-ups today, tomorrow, Wednesday, Thursday, Friday and Saturday and push yourselves too far and not learn to take a step back and realize the point of the exercise is to get us stronger and give us more energy. If you're feeling fatigued and worn out after your workout because you're working out too hard or too much, give yourself a break.

It took me a long time to realize I can't do squats and things like that five times a week or I'm going to feel like crap, mess up my adrenals and fatigue my nervous system. Make sure you don't over-train. You don't want to go too crazy with all this exercise stuff. Now if the only time you feel better is when you exercise only during exercise, it could mean that's the only time you're getting serotonin. On the off-times when you're not exercising, it can mean that you don't have enough tryptophan or you're not getting the right vitamins for the conversion of tryptophan into serotonin.

If that's the case, more exercise isn't always the solution. Again, they found you only need 30 minutes of brisk walking three times a week for an antidepressant effect. If tons of exercise is your only solution, I would look closer into taking something like tryptophan, 5-HTP, B vitamins or looking more into hormonal testing or seeing if your adrenals are burnt out and seeing why is the only time your feeling good is when your exercising.

Lastly, I'm going to repeat the most important type of exercise is the one you actually do. Choose something vigorous. Choose something exciting, fun, purposeful, playing basketball, with the weights, hiking, walking while listening to audio books, walking while listening to music, whatever you've got to do. Just make it something fun. Make it something purposeful. Make sure this is something you're actually going to do. Find someone that's going to be checking up on you. Write a check for \$100 if you have to if you don't do your exercise goals for the week. Make sure that you just exercise.

Remember that exercise is more effective than antidepressants. You might already know all about how beneficial exercise is but we still don't do it. The main thing is we're going to be learning how to change your behavior to exercising more. We're going to find the purpose, find something enjoyable. Find something that's going to keep you accountable so that we get you exercising three times a week every week. Make sure you're exercising. Make sure you're not over-training.

Make sure you're taking care of yourself. Make sure that you're still doing all the vitamins, amino acids and nutrition. If you have that in place, most of the times you have so much energy you'll have to exercise anyway because you've got too much energy going on. Make sure you exercise week in, week out. Hope you guys enjoy it.