

Speaker 1: This week is all about making sure you make the changes and getting the support that you're going to need to be depression free forever. If you're having some problems implementing the stuff, don't worry. Changing habits doesn't just work by new information alone all the time. How many people, every New Years they want to stop smoking, they want to start exercising and they don't.

It's because they don't put in place the things that make success inevitable. In my recovery from depression, I don't know why it took me so long to realize that I can ask for help. It took me so long to just say "Hey, people actually want to help me." If you're not getting the right support that you need, it's important that you're going to just realize "Hey I can ask for help, I can get the support that I need."

Remember when you have depression you have such a sharp drop in serotonin and all these physical things are going on. All these physical things are going on, it mirrors a physical illness. When we get a physical illness what we want to do is withdraw. We want to withdraw from people, and stay away from people and isolate ourselves so that we can recover. The thing with depression is that it makes us feel just like we were physically ill, the drop in serotonin makes us want to withdraw just like getting an illness.

It's interesting that when we get depressed, we want to withdraw just like if we were physically ill. The worst thing you can do is withdraw when you're depressed, the best thing you can do is get help and go be with close friends and people that support you. It is critical that you learn how to ask for help. For the longest time, I thought I don't deserve help, or if I ask for help people are going to think I'm weak.

One of the biggest changes I did to keep me depression free was learn how to ask for help and learn how to be direct. By being direct, I mean when you ask for help don't just text somebody "I'm worthless, or don't just text somebody "I hate myself, I want to die." Because despite people's best intentions, people don't know how to respond to that especially if you never suffered from depression before.

When one of your close friends just starts texting you these things, you don't know what to do. You don't know how to respond if all of a sudden one of your close buddies says "Hey, I hate myself and I want to die." You have to be direct and let people know exactly what you need, it will help them help you. Some people just ... They don't understand, the seriousness of depression and you can tell them, you can let them know.

Instead of telling somebody, "Hey, I'm worthless and I feel like crap." You can text them, "Hey, I'm having a hard time right now, can you call me up in a few

days and make sure I'm doing all right?" Huge difference between those two. The first one, they get the message and they're like I don't know what to do. If you say "Hey, I'm having a hard time can you call me up in a few days?" They know exactly what to do, they say "My friend needs help, I should check up on him and see how he's doing."

Instead of telling somebody, "Hey, I hate myself and I want to die." You can text, and say "Hey, right now I'm actually feeling really low. I feel I'm in some dark places, really all I need is to go out hang out with some good buddies like you. You want to go to the park play some basketball for an hour?" Now when they get the text, "Hey, I hate myself" they just don't know what to do. When they get the second text they know exactly how to help you.

When you say, "Oh no, no what's going on? What's going on?" Then you just start saying, "I'm worthless, you don't want to help me, you shouldn't help me, I don't deserve it." They don't know what to do, and you're shooting yourself in the foot. Let say your close friend ... Let's say your close friend texted you and says "Hey, I'm feeling really low, I just need to hang out with some people for an hour or two. You want to go out eat some dinner?"

You know exactly what to do, "Hey my friend needs help, let's go help him out, let's go to the park, let's go eat dinner with him, let's see how he's doing. Okay, yeah let's go." You'll be so surprised how well being direct and honest with people actually works. It is all right to let people know that you're depressed and you're recovering but you have to do it in the right way. It's also important to let people know about this because if you're getting depressed you have that drop in serotonin.

You start withdrawing from people, people might get offended because they're trying to call you, they're trying to text you, you're just ignoring them, they don't know that you actually need help and you're feeling depressed. It's okay to let people know. You just have to do it in a better way than probably what you're used to. Again, don't get too negative with people, but it's okay to let people know how you're feeling and it's very healthy to express and let people know what's going on.

If they're trying to help you, don't say stuff like, "You just don't understand, you never been there before" or "No you don't understand, I'm going to kill myself right now, I hate myself I'm worthless you shouldn't even be helping me." Instead of saying I should just go kill myself, you can say "Hey I know this is really crazy, I'm getting depressed again. I just feel like killing myself I don't know why. Would it be cool if we just hang out for an hour and talk?"

Big difference once again, aim to let people know how you're feeling, let people know how they can help you, and if you need to be with people schedule a certain activity that you can do within, rather than just ruminating by yourself and your thoughts and going down that downwards spiral. Next thing you want to do, is you want to get professional help. If you don't or already have a therapist that you really trust and that's helping you.

Actually helping you, or support group you really need to go get one. This was another thing that was so hard for me because I came from that situation "No, it's not cool to ask for help, no you got to hide your feeling because you got to bury these things, you got to not show anybody." Getting a right therapist or the right support group can be life changing. I met this counselor back when I had a drug addiction.

I still talk to this guy, today. He still helps me with things, even to this day. Just knowing that I have that support, that person that cares about me, and I can get real help whenever I need it is huge comparison to just being alone, being lost in my own thoughts and not knowing what to do. The way that he helped me was so life changing that I honestly believe if I wouldn't have met him, I might not even be here today.

When I was in college, I was having a really hard time, still depressed and I went to a support group. That support group changed so many things for me that without that support group, I wouldn't have progressed nearly as far as I have come, and I just wouldn't be in the same spot that I am now. If you're on the fence about trying to get professional help. Just go get professional help, make sure you find someone that you trust.

Make sure you get a support group, and again with the professional help you want to be direct and honest with people. It was so weird because that support I was in during college, the therapist he knew that I had this kind of issue about really letting people know what I needed. He would nudge me, I mean kind of push me a little bit and it was really ... Caused me to grow so much.

I was so uncomfortable saying "Hey, I need help today" and he really forced me just to learn that it's okay to do that. I would, I even test it out like I would get so nervous I'd come in, I say "Hey, I actually don't want any advice today. I just want to talk for five minutes and have you guys listen." For some reason, it felt so selfish or weird. As soon as I would say that, people would say, "okay, yeah."

I would talk for five minutes, and then they would just say "Hey, thank you for sharing how you felt this past week." Just like that, or I even come in and say "Hey, I'm having a really hard time I just need a hug. Someone will give me a hug I will feel better." It was so different for me, instead of skirting around the issues,

to just go and get the help that I needed, get the professional help while being direct and honest with people.

Once I started doing that, it made a huge change in my recovery and then I was able to tell people exactly how they can help me. You need to learn how to be direct, you need to be honest with people. You need to tell people how to help you, and you need to get professional help, because these changes aren't easy and with the depressed mind you have the lack of an ability to take initiative.

You really need to make sure that you realize it's okay to ask for help, and that it's essential to ask for help. Last but not the least on relationship in getting help. I just want to mention something about toxic relationships. You may have really great friends, but you might be ... You might find yourself in a situation where people don't really help you that much or people that actually bringing you down.

It's important not to ... When you're depressed, or if you're feeling messed up, to just cut out all your friends. That's not what I'm trying to say, but what I am saying is if you have a relationship that constantly stresses you out. That is constantly a burden, constantly just messing you up. I would really consider looking into that relationship seriously and seeing if it should continue.

It's going to be hard to stay healthy and happy and be eating healthy if all the people, your friends around you are saying "What are you trying to do eating healthy, or exercising or being all cooler than us." It's not going to happen if you have these people that are being abusive and bringing you down all the time. Again don't just cut out all of your friends, sometimes people don't know they're being insensitive or sometimes people don't know what they're doing.

I have this one friend he would kind of like put me down in subtle ways in parties in front of people, and I just call him up one day and I call him out on it. He instantly didn't realize he was doing it, and said he was sorry and the problems was resolved. Those sorts of things you can always just talk directly with them again and be honest about your feelings and what needs to happen and your understanding.

If that friend would have reacted negative, like "What are you talking about? I don't bring you down, you just being crazy "and kept being abusive and weird about it. I would have had to eventually say "look I don't feel good or healthy around you, and what do we do about this" and if it's still messed up I would have just let that relationship go. If you can't improve the relationship and you know it's unhealthy, sometimes you have to pull the plug.

Sometimes you just have to realize there's people out there, that are going to like you and support you, you need to be with those people and not hanging out with people that are going to be bringing you down, being abusive or overall having a toxic effect on your life.

You're getting the professional help, you're knowing how to ask your friends for support. You're calling your friends up saying "Hey, I'm eating healthy, I'm doing this, I'm trying to exercise, I want you to call me every week. Check up on me, make sure I'm doing it."

You're going to your therapist, you're saying "I'm taking these vitamins, I just need your help make sure I'm doing okay." Another thing you can do if you really want to make sure you implement these changes. I've done this over and over again, this is a full proof way to make sure a hundred percent that you make the change you need to make is put massive leverage on yourself.

What I mean by leverage on yourself, is let's say you want to start exercising three times a week. You're doing it okay, but you're not 100% exercising three times a week, or you're really having a hard time pushing yourself. What you're going to do again you should already be having friends, and people that support you calling up and making sure you're doing this. If that's not working, you going to literally just call someone up and say "Hey, I'm going to exercise three times this week for thirty minutes. If I don't do that at the end of the week, I'll give you a \$100."

The worst case scenario is on Friday night you're going to be exercising for an hour and a half, because you don't want to pay them a \$100. If you have that kind of leverage on yourself. You're going to do something no matter what. In fact that's the technique I used to get this course done. I'm sitting there, debating with what that friend I told you about earlier about what I could really do to help people with depression

He said put a deadline on it, I said okay let's do it in 30 days. I told them if I didn't complete this course, in 30 days I give him \$500. What do you know, the course got done in 30 days because there's no way I'm going to lose \$500. Making these changes and really implementing the lifestyle changes needed to not just put a band aid on the depression and relapse over and over again trying to do all the stuff that's not working.

Really make sure you're going after the real causes and curing your depression so that you have lifelong success, you're going to need support, you are going to need leverage on yourself and you really going to need help to be able to start eating healthy, exercise all of that stuff. Make sure you know how to ask for help, how to be direct about it, how to be honest with people about how you are

feeling and what you need from them and you be amazed at the difference it will make in how people respond to you and how many people actually want to help you when they simply know how to help you.