# **Suicide**

Food

Sex

Hiking

Frisbee

Kayak

Travel

Hanging Out

Talking

Movies

Museums

Drinking

Music

Relationships

Programming

There's many more hobbies to list but in general they're all the same. There really isn't that much more to do in life.

The previous generation debated on how the print media covered serial killers.

The current generation debates how the media covers mass shootings.

The future debate will be on how the media covers suicides.

There is nothing new under the sun.

Outliers > Glamorization > Normalization

The theory behind the concept is that more people are aware and understand and perhaps glamorize the impact.

A more generalized word instead of ideation would be normalization. Even if a show does not glamorize a certain behavior, perhaps it normalizes it and perhaps knowledge in itself is destructive?

It's all thresholds and values and weights and a dynamic, personal, chaos-theory, infinite equation of an algorithm.

I am convinced that there is no one who could derive the right answer.

The further democraziation of society begets and increasingly abstract and isolated society that is ripe for suicidal ideation/werther-effect/copycat of famous figures.

I miss \_\_\_\_\_\_\_ .

With the removal of Christendom from my life the most common question is, what is your purpose? What is life without meaning? What drives you?

And I've traditionally had an incredibly difficult time answering that question -- or rather my answer was, I don't know and I'm not bothered by it.

A problem is only a problem if you're aware of it.

A problem is only a problem if there's a solution.

If the outcome is the same, the choice does not matter.

True or False?

I share Vonnegut's laugh at the creation story but find it much harder to be resolute in the conclusion story. Perhaps at the end of the day humans are cursed with the knowledge that there is an end.

Happiness is a gateway drug. It's like the marijuana of feelings

What does happiness feel like?

Oh, this food is so good or this hike was so rewarding. But I wonder…

What does fulfillment feel like?

Oh, intimacy and personal relationships - friends, family are so great. But I wonder…

What does meaning feel like?

And then you find God or religion or a Keto diet. Meaning is pretty amazing but I wonder…

What does meth feel like?

(It's much better spoken aloud, trust me.)

Meaning is the higher order function at the apex of Maslow's pyramid. The question is does it exist? In it of itself, as a conceptualization, does it exist?

The Christian cop-out is moving the goal post. Sure, this life is meaningless, but the next one is meaningful -- more precisely this life inherits its meaning from the next one.

Nobody knows what the next one is like, but that's how we ascribe meaning to this current life. And the question is -- is that correct or wrong? It works logically, but is it accurate or inaccurate?

It's like - why should I clean my room? I don't want to do it, but I'll do it because later someone will come and want it clean anyways. The question is whether it's true or not. What if no one comes? Is it worth it? Is the outcome still good even if it's based on a lie?

It's right, but for the wrong reasons. That's better than being wrong for the right reasons (depending on who you ask).

I have a strong dissonance in the present vs the future. In what I believe objectively and what I feel subjectively.

I am a fool either way. Thanks Kierkegard.

There is an incredible light from the older generation. They are more interesting and well-balanced and informed, but also they are more friendly and social. It isn't clear which is the chicken or the egg, but without any A/B testing my projection is the lack of social media – and not just tangible social media, but the downstream effects and culture which is prevalent today.

From celebrities but also to the mundane friendly day to day at an office job in a small town where you work there for fifty years.

Certainly as one who partakes in the edges of the distribution curve I am happy I am not stuck in a small town and travel has completely revolutionized in my lifetime – affordability, global connectivity, technology, global peace and amicability, etc.

# **How To Avoid Depression**

1. Eating healthy

2. Sleeping healthy

3. Exercise healthy

4. Robust social life

### **Eating**

As with any industry with profits and low margins, advertising is king. Thus there is a lot of misinformation.

Rather than giving my mediocre point of view just know that there are multiple places to attack an issue if it exists.

At the top level there is how much you are eating.

At the level below that there is what you are eating.

At the level below that there's the lifestyle interaction with quantity and quality and intake.

At the level below that there's the underlying cause, feeling, discomfort of hunger.

### **Sleeping**

Similar to eating there are multiple levels of sleeping. That is to say, not all sleep is equal.   
(As with anything)

There is a lot that people get wrong and many optimizations to make.

One simple one is to always go to sleep before making critical decisions. 99% of the time you'll feel more optimistic and positive in the morning. Whether it's about a situation like being laid-off or break-up or death, or circumstance like depression, friendships, meaning, or suicide. Please sleep and thank Future You for handling it.

### **Exercise**

Everyone associates exercise with eating and diet and visual appearances and weight loss. However, exercise is really not strongly correlated with weight loss.

If that is your goal, focusing on Eating and Sleeping is more effective at influencing weight loss than focusing on exercise.

What exercise DOES have a strong correlation to is mental health – reduced stress, anxiety, better sleep, better mood, better emotional stability, etc.

Similar to smiling and having a positive attitude, it's really an incredible hack to live a more enjoyable, happy, fulfilling life.

### **Social**

I will focus on this section because this is likely completely killing our society and highly influential in the increase in mental afflictions that collective society commonly experiences.

A common problem in the modern age is making friends. This is further amplified in adulthood as every casual acquaintance begins to fall away -- whether from physical distance, changing personality or interests, loss of time, getting a significant other, etc.

The most common (and effective) suggestions for making friends are the following :

Volunteer

Clubs

Work

School

Hobbies

What these all have in common is repeated, causal interaction. No matter how great your social skills are, you won't become a close friend with a thirty minute conversation at a bar - it just doesn't happen. The steps for friendship are comfort and trust and once that is established the closet to Narnia has been opened.

I am in complete agreement with the above. However, what if meeting new people is too difficult? What if the first hurdle is too high? Are we doomed to be isolated at home?

I can write in detail and expand on the above in how to make new friends if one wants advice, however the most unique advice and offering I have in talking to more introverted friends is what I have coined as "**Implicit Social Interaction**".

Explicit vs Implicit

Explicit social interaction is having direct contact. It's going out to a restaurant with your group of friends, or taking someone to a coffee shop, or meeting up for a museum.

Implicit is literally all the same things, just by yourself. Solo trips. Being comfortable alone. That's a separate skill. It's going to the coffee shop or the library and simply being around people. Perhaps interacting with people occasionally when ordering or commenting, but the goal isn't a social conversation.

The zero step to making friends is improving yourself.

The first step to making friends is leaving the house and being around people.

The second step to making friends is being around people who can become friends.

Spend money on experiences. Having things to share.

Whether it's (1) the activity itself, (2) the story about the activity, or (3) opinions about the activity.

If the activity is terrible you have (2) and (3). If the activity is great and you put your mind to it you have (1), (2), and (3).

It isn't a waste to have an experience. It is a waste if you never learn anything from it or share anything about it. If you forget or never bring it up, then it never happened (from the other person's perspective) but if you have a wide and numerous repertoire of experiences -- AND open up and let people hear your perspective

Relationships are a value proposition. Not strictly, but at least in the minimal sense, people want to be around net-positive people. Whether it's hiring for the job, having a friend, or a life-partner, a person who is an asset is desirable.

With experience and enjoyable activities people will want to join the good ones – and that is a prime opportunity to share the experiences you've had. Experience is confidence, competence, and desirable.

In the long run I hold strong opinions on social media and shared public spaces. I'd love a resurrection of libraries, community centers, churches, etc. Hobbies, sports leagues, technology apps for local connections, etc can only do so much.

### **Addendum**

I hold that the majority – I'd estimate 2 standard deviations or so of Depression would be resolved with improving the above. Of course it's paradoxical and circular. How can one be motivated to work or improve on those things when they already have depression? As with all things in life, the rich get richer and it's always circular. Momentum is the greatest advantage; one needs experience for their first job, one needs money to invest to make money.

That said, there are also those with Depression who are already doing the above 4 things. While those would cover most of the basic human needs, real depression is when one's baseline satisfaction with life is inherently low. The only thing I could offer is medication

There is medication to adjust emotional feelings however it's all mixed results.

Uncertainty is not to be overcome but to be understood

<https://www.youtube.com/watch?v=y0qHWDJoa5k>

Fortuno - Home