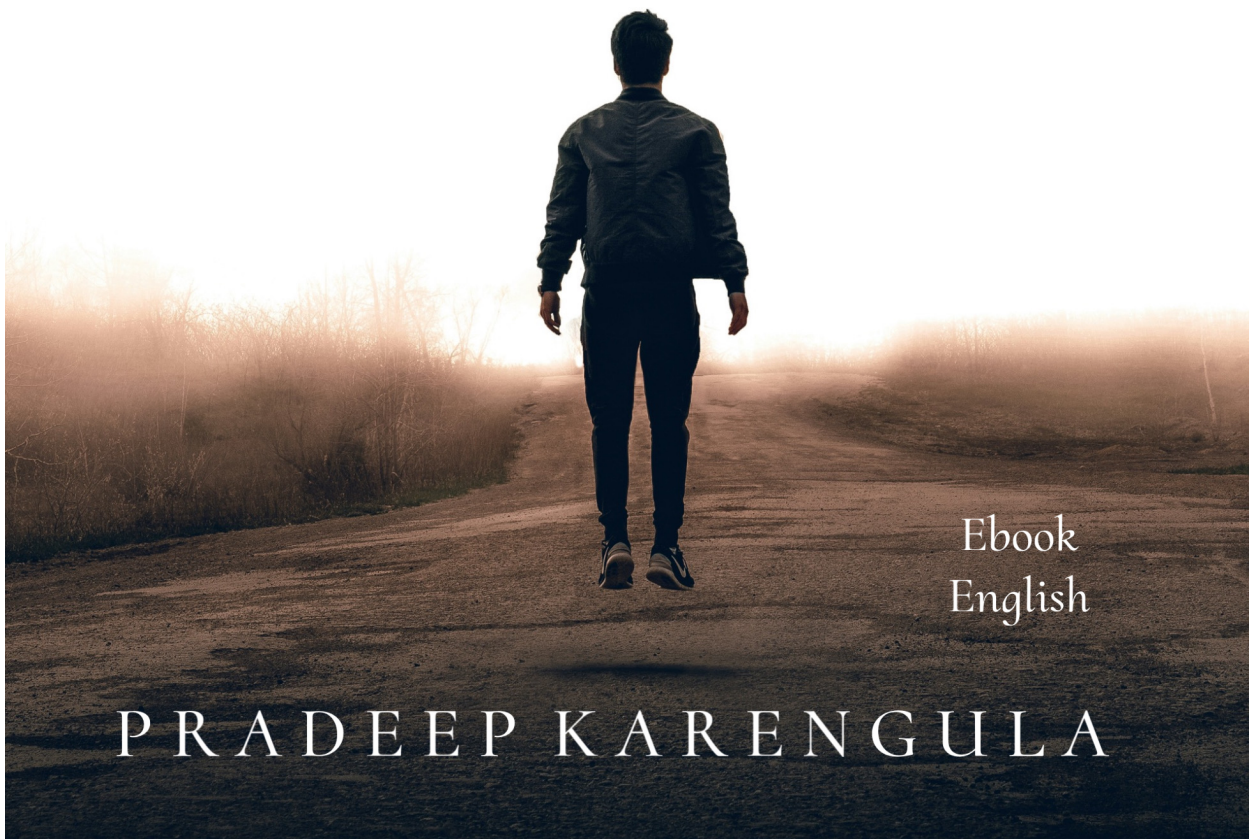


From the author of "Deal with Depression"

BREAK THE CHAIN

LIBERATION FROM
DEPRESSION'S HOLD



Ebook
English

PRADEEP KARENGULA

BREAK THE CHAIN
PRADEEP KARENGULA

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INTRODUCTION

I get what you're feeling right now. I understand the emotions you've been dealing with for weeks, months, or even years. Explaining the pain of depression isn't easy, it's like fighting against your own mind and constantly losing to negative thoughts.

Believe me, with the right help and plan, we can beat depression, stress, and anxiety. We can create the life we've always dreamed of. Even though it's been tough, We can make it look easier, we can get back what we've lost during our struggles. We have the strength to fight, win, and take control of our lives. Trust me and let's do this together. Let's face every challenge with determination, show how strong we are, and grow beyond our comfort zone. We'll rebuild our lives together, driven by our inner strength and the belief that we can succeed.

This book has everything you need to know about the human mind, how neurotransmitters work, why we get addicted to feeling depressed or stressed, coping strategies, and understanding ourselves better.

I've worked with over 1000 people as a counselling psychologist, guiding them to conquer depression. As an author, I've been recognised with that gold medals for my

writings on mental health. Let's team up and journey towards success together. By the end of this book, you'll see life from a fresh perspective. You already possess the skills to overcome depression and rebuild your life.

-Pradeep Karengula

THANK YOU

On this special occasion, I want to express my gratitude to some important people in my life.

Firstly, I want to thank my friend Srilekha for always being there for me, supporting me, and encouraging me to be the best version of myself that I didn't even know existed. Without my friend by my side, I might not have become a psychologist.

Next, a big thank you to my brother Satish Karengula for having my back and constantly motivating me to pursue my dreams and passions. With my brother supporting me, I feel like I can achieve anything, even if it means flying with paper wings. His confidence in me gives me the strength to reach for the sky.

I'm incredibly grateful to my parents for investing so much in my education and believing in my dream of becoming a psychologist. Their sacrifices and support mean the world to me.

Last but not least, I want to extend my thanks to all the wonderful followers of my Instagram profile.

Your continuous support, warm wishes, and love have been a source of strength and inspiration for me every single day.

Thank you, each and every one of you, for being a part of my journey and for making it all the more meaningful and fulfilling.

Disclaimer : It's perfectly fine to reach out to a mental health expert if you need help. Don't hesitate to contact a psychologist for immediate assistance. They're there to support you through tough times. You can contact me directly on my Instagram handle.

UNDERSTANDING DEPRESSION

Depression is a mental health condition where a person feels sad, hopeless, and uninterested in things they used to enjoy. It can affect how you feel, think, and handle daily activities. People with depression may experience changes in sleep, appetite, energy levels, and concentration. It's more than just feeling down it can last for weeks, months, or even longer, affecting various aspects of life.

Depression can start from various events like losing someone close, a job, or going through a breakup. Experiencing abuse, whether physical or verbal, can also trigger it. When these things happen, we struggle to concentrate and constantly think about what went wrong. Our appetite decreases, we withdraw from others, and nothing seems fun anymore. Before we realise it, we're already trapped in depression.

We try really hard to get out of it, but those same thoughts keep circling in our minds.

We want to succeed, but we struggle to concentrate on anything. It feels like someone has taken control of our minds, and we can't find our way back to a normal life.

Eventually, we stop working on improving ourselves and just let depression take over completely.

Before we can solve any problem, we have to understand it first. That's the key to finding the right solution. So, to break free from this feeling of being trapped, we need to figure out why we feel that way and why our mind isn't helping us overcome it. Understanding the problem is the first step to finding a way out.

First, let's understand the difference between the conscious mind and the subconscious mind to tackle this issue. Think about when you first learned how to ride a cycle. Initially, it required a lot of focus and effort. But as you kept practicing, your brain began to understand how to cycle automatically.

Your conscious mind realised that this skill could be useful in the future, so it passed the information to your subconscious mind, which stores long-term memories. Once the information is stored there, you can cycle without even thinking about it. Your subconscious mind handles the cycling while your conscious mind can focus on other things, like looking around. This example demonstrates how repeating the same action over and over again helps the subconscious mind learn and take over tasks automatically.

After a breakup, losing someone important, or not getting a job we hoped for, our minds get flooded with those thoughts. We keep thinking on why things happened the way they did. After breakups, we wonder why the person left us. When we don't get a job, we either blame ourselves or blame society. Spending so much time with these negative thoughts makes us used to them, and our subconscious mind thinks they're important because we're thinking about them so much. It believes they might be useful later on. So it stores that data in it.

Just imagine every time you get on a cycle, you automatically start riding it. The cycle acts as a trigger for your subconscious mind to recall how to cycle. Similarly, if you stay in the same room where you felt sad, or keep doing the same things you did when you were sad, these become triggers that can bring back feelings of depression.

For instance, if you used to wake up at 12pm when you were feeling sad, and now you want to change your life and beat depression, but you're still waking up at 12pm, you're not changing the triggers that lead to depression.

This is why many people stay depressed even when they want to be happy. They don't realise how triggers and the subconscious mind work, so they keep doing the same things over and over again while trying to get out of depression.

To overcome depression, we need to tell our subconscious mind that the stored negative thoughts and feelings of depression are no longer necessary. We want it to delete those thoughts so we can replace them with positive thoughts and happiness.

Imagine you're at your favourite tea spot, and you really don't like street dogs. One day, a street dog comes up to you, so you panic and throw a biscuit its way before running off. The next day, the same thing happens. Now, the street dog thinks you're its friend because you keep giving it biscuits. But honestly, you're not a fan of the street dog at all. To let it know you don't like it, you might want to try something different, like acting to be throwing stones instead of biscuits (not really, though).

Here's the point: The biscuits represent negative thoughts, and the street dog represents depression.

When depression shows up, instead of thinking happy thoughts, you're spending time with negative ones. That's why depression gets the wrong idea and keeps bothering you with its symptoms.

In simpler terms, sometimes we unintentionally make ourselves feel more depressed by doing things that worsen our mood. It's like feeding depression with actions that fuel it, such as listening to sad music, staying in bed late, neglecting our physical health, avoiding socialising, not having a plan to deal with stress, and not eating properly. These actions can make us feel more down, similar to how you might give a dog a treat. So, it's important to be mindful of our behaviours and try to make choices that help lift our mood instead of making it worse.

Now, with this chapter, you've learned about depression, the conscious mind, and the subconscious mind. You understand how data gets stored in the subconscious mind, why it feels impossible to overcome depression, and where things went wrong.

In the next chapters, we'll figure out how to help our brain understand what we truly want.

UNDERSTANDING MIND

To get our mind to understand what we want, we first need to understand how it works. Without knowing how the human mind operates, we might struggle to control it and make it work at its best.

I won't use any fancy scientific or professional English language that might confuse things. I'll explain it in simple Indian English so you can understand it easily and use it in your everyday life.

The brain has two parts called hemispheres: left and right. Each part does different things.

The left side helps with things like talking, reading, and doing math. It's good at thinking logically and figuring out details. Most of the logical thinkers are Left hemisphere dominants.

The right side helps with being creative, understanding feelings, and seeing the bigger picture.

It's good at imagining things and recognising patterns. Most of the creative thinkers are Right hemisphere dominants.

But remember, both sides work together to help us do everything, whether it's talking, drawing, or solving problems.

First and foremost, we need to understand ourselves and how we approach situations. If you tend to think logically, you might overanalyse things when you're feeling depressed. If you're more of a creative thinker, you might get caught up in creating things but also feel overwhelmed during depression.

So, by understanding how we usually deal with situations,

we can use that information to rethink things from a different angle without letting our own feelings or ideas influence it.

For instance, if you think your partner cheated on you and left you suddenly, which is making you feel depressed, try to step back and look at the situation as if you were someone else. Think about what might have really happened.

This way, you can figure out where things might have gone wrong and consider a whole new perspective.

Many people blame themselves when they're depressed. They might scold themselves or even hurt themselves, thinking they did something wrong. They might do it because they don't know how else to deal with their big feelings, or they might feel like they deserve to be hurt. It's kind of like when you have a big balloon filled with feelings, and you don't know how to let the air out, so you pop it instead.

But hurting ourselves isn't a good way to feel better. It might make the sad feelings go away for a little bit, but it doesn't really fix what's making us sad inside. That's why it's important to find other ways to feel better, like talking to someone we trust, or doing something nice for ourselves. And if someone we know is hurting themselves, we should try to help them find better ways to feel better too ask them to look at it differently. Everything we've done so far has a reason behind it, whether good or bad. At that moment, we felt it was the right thing to do. So blaming ourselves now isn't really helpful. Nobody does things wrong on purpose. Instead of blaming ourselves, let's focus on building a better future.

When we keep blaming ourselves, our brain starts to believe we're not good people, which can trigger the same feelings of depression repeatedly. Self-blame doesn't solve anything. Instead, it confuses the brain and makes the subconscious mind keep giving us symptoms of depression.

If we step back and look at situations from an outsider's point of view, and understand that the decisions we made were what seemed right at the time, it can calm our minds. This helps our brain realise that we're not in the wrong and can help us overcome depression.

Don't put pressure on yourself by blaming yourself, and don't allow your mind to convince you that you're in the wrong side.

Our minds are amazing because they learn from what we experience and how we think, and then they respond based on those observations. When we're feeling down or blaming ourselves, it can make depression feel even worse. Instead of being hard on ourselves, it's important to be kind and understanding. We often show kindness and understanding to others, but we forget to do the same for ourselves.

Showing kindness to ourselves, or self-empathy, is really important, and we should remember to do it regularly. So, instead of being tough on ourselves, it's better to be gentle and understanding, just like we would with a friend.

When we constantly feed our brains with negative thoughts without realising how powerful our brains are, it can lead to the release of chemicals making us feel sad. This continuous flow of negative information can keep us stuck in a state of depression.

When people focus mainly on negative things instead of the positive ones, it affects their mental health without them realising it. Constantly dwelling on negativity fills their brains with these unhelpful thoughts, which can trigger the release of chemicals like adrenaline through neurotransmission. This can lead to feelings of anger and sadness.

When your body releases adrenaline, it can cause physiological responses such as trembling or a rapid heartbeat, especially in situations of stress or excitement. These reactions are part of the body's natural response to prepare for a challenge or danger.

That's why we feel symptoms like shivering and a sudden drop in the heart rate. Honestly, when we constantly send negative signals to our brain, we trick it into releasing adrenaline, which then causes these symptoms. And when we notice the symptoms, we start worrying even more, which just keeps the cycle going. It's like being stuck in a loop. To break out of this cycle, we need to understand how the brain and neurotransmission work when we focus on negative things. However, when we choose to focus on positive thoughts, we can interrupt this process of neurotransmission between the brain and other chemicals that can make us feel sad.

That's why it's crucial to stay positive, especially when dealing with depression or other mental health issues.

With proper knowledge on our body can help us to look at life in a complete new dimension.

Let me explain how neurotransmission works to help you understand how our brains and other systems function when we're experiencing depression.

NEUROTRANSMITTERS

As it is a complex topic, Let's use the analogy of neurotransmission being like the process of taking a photo with a camera.

Imagine your brain is like a camera, and neurotransmitters are the different components that help capture and process the image.

Just like a camera has different parts like the lens, sensor, and shutter, your brain has neurons that work together to process information.

In taking a photo, you adjust settings like focus and exposure to capture the image just right. Similarly, neurotransmitters regulate different aspects of brain function, such as mood, attention, and memory.

When you press the shutter button on a camera, it captures the image and processes it. Similarly, neurotransmitters transmit signals between neurons, allowing your brain to send and receive messages.

Now, let's relate it to depression:

When neurotransmission is working well, it's like taking a clear, well-focused photo. Your brain processes information effectively, and you feel balanced and in control.

In depression, neurotransmission may be disrupted, much like taking a blurry or underexposed photo. Messages between neurons might not be clear, leading to feelings of sadness, fatigue, or hopelessness.

Just as you can adjust camera settings to improve a photo, We can do few things to help neurons to recover us from depression.

When we're depressed, we tend to isolate ourselves in a room, cutting off social contact and fun activities. This can affect how our brain works, as it's only receiving signals related to sadness and depression through neurotransmission. When we stay in one place and don't engage with the outside world, our brain doesn't get new information to process, which can worsen our feelings.

Neurotransmission is like a communication system in our brain that sends messages between neurons. When we're stuck in a rut, not exposing ourselves to new experiences, there's a decrease in neurotransmission activity. This means our brain isn't getting the variety of signals it needs to function optimally.

We have something called long-term memory, where our brain stores information. Constantly dwelling on sadness and depression can reinforce these negative thoughts in our long-term memory, making it harder to break free from them.

To overcome depression, we need to change our routine and expose ourselves to new experiences. Spending time with others, trying new activities, and seeing things from a different perspective can increase neurotransmission activity and help us break out of the cycle of sadness. It's like clearing out old data to make room for new, positive experiences.

Neurotransmission is super important for many body functions like moving, thinking, feeling emotions, and controlling stuff like heart rate and appetite. When things go out of whack with neurotransmitters, it can mess with our brains and cause problems like depression. So, keeping neurotransmission in check is key for staying healthy and feeling good overall. But hey, there are ways to give it a boost! I'll show you some easy tricks to release those happy chemicals and help our brains feel happier and better.

CHEMICALS

Serotonin, Dopamine, Norepinephrine is often referred to as the "feel-good" neurotransmitters because they help regulate mood, emotions, and sleep. Low levels of these chemicals have been associated with depression. We can help our body to increase these chemical levels by following simple steps.

- 1. Eating Healthy: When we eat good foods like turkey, chicken, eggs, nuts, seeds, and whole grains, they help our brain make these healthy chemicals which can make us feel happier.
- 2. Getting Sunlight: When we spend time outside in the sunlight, it helps our brain make more serotonin, dopamine and also norepinephrine. So, try to get outside during the daytime, especially in the morning, to feel better.

- 3. Relaxing with Meditation: When we do calming activities like meditation or deep breathing, they can also help our brain make more serotonin & dopamine, which can help us feel more relaxed and less sad.

So, by eating well, spending time in the sun, and practicing relaxation techniques like meditation, we can boost our brain's feel good chemical levels and feel better, especially if we're feeling down or depressed.

At the end of this lesson, we also learned about the brain and how messages travel between brain cells. In next chapters we will learn coping mechanisms.

WHY ME?

Before we talk about ways to feel better when we're down, let's talk about something important. When people feel really sad, they often think they're the only ones going through tough times. They feel like the whole world is against them, making things even harder. This happens because when we're really sad, we start to see things in a negative way and think too much about how bad things are.

But the truth is, it's not just one person against the world. Even when we're feeling low, there are things out there that can help us feel better. It's just that when we're feeling really sad, it's hard to see those things because our thoughts are clouded by sadness. So, it's important to remember that even though it might feel like we're all alone, there are ways to get through tough times and feel better again.

No matter who you are or where you come from, it's possible to overcome depression.

Your race, colour, height, gender, caste, or religion doesn't define your ability to recover from depression. The key is to shift your mindset towards positivity and set aside negative thoughts. When you convince yourself that you'll never get better, it creates a barrier to recovery because your mind holds onto that belief.

However, if you face the truth and remain optimistic, anyone can break free from the grip of depression and find healing.

In my counselling talks, I often meet people who feel upset with God, thinking life is unfair. But let's think about God more. From what we learn in different religions, God is like a caring parent. God guides us, made the world, and gives us what we need.

Think of it like this: Just as a loving parent takes care of their kids, God takes care of us. Many see God's help in big and small things, giving hope when things are hard.

But when people feel really sad, they might feel like God doesn't care or is punishing them. They wonder why bad things happen, especially if they've been good. It's like feeling let down by someone you trust.

But it's important to remember that feeling like this is often because of depression, not what God is really like. In reality, God is kind, understanding, and supportive, offering comfort to those who need it.

For example, imagine someone who's always believed in God but feels abandoned when they're depressed. They might wonder why God doesn't answer their prayers or why they're suffering so much. But with time and help, they might realise that God's love isn't about avoiding hard times, but about giving them strength to face challenges.

Understanding God isn't easy, but it's about believing in hope and finding peace even in tough times.

Feeling like everything bad only happens to you can really bring you down and make it hard to get things done. It can even make your depression worse because you start believing that the universe is against you, like you're fighting some huge battle all alone. But it's important to realise that it's not just you against the world. The world has plenty of good things to offer to help you feel better, but you have to be willing to see them and accept them.

In some cases, some people feel like staying depressed because they get attention and support from others. This can be risky. It's worrying when people pretend to be depressed to get sympathy and help from those around them.

As people, we should earn attention by doing good things, like helping others and making a positive impact on society. There are many ways to get attention, not just from our close friends and family, but from people all over the world.

When we're depressed, the idea of getting attention might seem appealing, and staying in that state might feel comforting. I understand how this feels, and I won't judge anyone for feeling that way. But it's important to face reality and focus on doing things that will truly help us overcome depression.

We have the ability to impress people all over the world with what we do and achieve. Instead of wondering, "Why me?" think, "Why not me?" Think about the tiger, with its scars from running fast.

Those scars aren't bad, they show how strong and fast the tiger is. Just like the tiger shows its strength, let your accomplishments inspire others. Embrace challenges, because overcoming them shows how strong you are and leaves a lasting impression on the world.

Even a small ant, when it's stuck in water, tries hard to survive and find a way out. Similarly, humans have amazing technology and knowledge. We've sent satellites into space, made smart computers, and built flying machines. Humans can do incredible things. So why let depression stop us? It's just a matter of how we see it. With the right help and determination, we can beat it and live happily, achieving our goals.

Close your eyes and let your imagination take you to where you want to be five years from now. Envision your life on a grand scale, with a beautiful home, your dream car, and all the things you've ever desired. Now, break down this big dream into smaller, achievable steps for each year. What actions can you take this year to move closer to your five-year vision? What about next year? Break down each year into 12 parts, considering what you can do each month to progress towards your yearly goals. This exercise allows you to visualise your aspirations clearly and gain a deeper understanding of what truly matters to you.

Imagine you're in the middle of a race, feeling thirsty and exhausted, with no end in sight. It's disheartening and can make you feel paralysed, unable to move forward.

But now, picture yourself in the same race, feeling thirsty and tired, but you know the finish line is just ten steps away. Suddenly, your body and mind spring into action because you can see the goal right in front of you.

Likewise, when you break down your big goal into smaller, manageable parts, and further divide those into monthly steps, it's like seeing the finish line clearly. With a clear vision of your goal, your mind and body work in sync to propel you forward and achieve what you've set out to do.

Now, you're ready to learn about ways to deal with and overcome depression in the upcoming chapters.

WRITE IT DOWN

When we feel depressed, we often don't know why it's happening. It's important to try to understand when it started and what might be causing it. Write down everything that's making you feel down and stopping you from reaching your goals. Ask yourself if staying depressed will help solve those problems. Probably not. If you're sad because of someone's loss, think about whether they'd want you to be sad. Probably not. If you're feeling down because you don't have a job, realise that staying sad won't help you find one. Start taking steps to improve your situation and work towards a better future. By understanding what's causing your depression and taking action, you can beat it and succeed in life.

Grab a piece of paper and take some time to write down all the things that are troubling you. It could be anything from how you're feeling right now to your biggest dreams, your current struggles, and what's causing you distress. Let it all out on paper.

Then, once you've poured your heart out, take another piece of paper and approach each problem with a logical mindset.

For instance, if you're feeling depressed, think about how staying in that state won't help you achieve your dreams. If one of your dreams is to become a scientist, recognise that being stuck in depression won't propel you towards that

goal. You need to break free from depression and start taking steps towards becoming a scientist.

If your trouble is not having a job, consider how wallowing in sadness won't magically land you a job. You need to actively search for opportunities and take action to secure a job. Similarly, if you're heartbroken over a breakup, remind yourself that while breakups hurt, they're not the end of the world. There's still so much more to experience and enjoy in life beyond this one relationship.

By addressing your problems and finding logical solutions, you're not only venting out your emotions but also training your mind to approach challenges with a clearer and more rational perspective. This exercise can help you develop stronger problem-solving skills and increase your chances of overcoming depression and moving forward in life.

One more writing activity that has helped my clients in therapy sessions might also benefit you.

To better manage your daily activities and enhance your overall life, consider maintaining three separate books or diaries. In the first book, dedicate space to jotting down your plans and preparations for the upcoming day. This can include tasks, appointments, and any other commitments you need to remember. In the second book, at the end of each day, take a moment to reflect and document everything you accomplished throughout the day.

This could be tasks completed, goals achieved, or even unexpected wins or even failures. Finally, in the third book, brainstorm any potential changes or improvements you can implement to enhance your daily routine and align it with the plans outlined in the first book. This could involve optimising your schedule, adjusting priorities, or incorporating new habits. By consistently using these three books, you can effectively organise your day, track your progress, and make meaningful positive changes to your life over time.

These two writing exercises can not only help you feel better if you're feeling down, but they can also make you feel less stressed and anxious, and they can even help to perform better even with other mental health issues.

As we already learnt about neurotransmitters now I will explain what these writing exercises can actually do inside your brain.

When we sit down to write, it's like we're flipping on a switch in our brain! All these little brain cells called neurons start buzzing with excitement. They work together, each doing its own special job, to help us write down our thoughts and ideas.

Now, imagine our brain is like a big city, with different neighbourhoods for different tasks. When we write, these neighbourhoods light up!

The language neighbourhood helps us pick the right words, the memory neighbourhood digs up stuff we want to remember, and the motor skills neighbourhood gets our hands moving smoothly.

As we put words on paper or tap away on a screen, it's like our brain is conducting a symphony. Each neuron plays its part, coordinating to make sure our thoughts flow out smoothly. It's a bit like a dance party inside our head!

And you know what's really cool? Writing isn't just a brain workout, it's like brain-building blocks! The more we write, the stronger our brain gets. It helps us think better, learn faster, and even come up with new ideas. Writing is like magic for our brain it keeps us sharp, creative, and ready for anything!

GET ACTIVE

I know it can be really tough to find the energy to do things when you're feeling depressed. But if you keep doing the same things every day, like staying in bed for hours, not eating properly, and just feeling stuck can actually make your depression feel even worse. So, to start feeling better, it's important to try to be more active.

That means taking small steps to take care of yourself physically, like going for a walk, doing some gentle exercise, or eating nutritious meals. It also means paying attention to how you look and feel, taking a shower, putting on clean clothes, and grooming yourself can make a big difference in how you feel about yourself.

But being active isn't just about your body. it's also about your mind.

Finding things to do that keep your brain busy and engaged, like reading, hobbies, or spending time with friends, can help lift your spirits and distract you from negative thoughts.

It might not be easy at first, but making these changes and getting more active can really help improve your mood and make you feel better overall. So, try to take small steps every day to get moving and take care of yourself, you deserve it!

When depression sets in, it's common to neglect how we appear and how we feel about ourselves. Our minds get used to seeing the same old image in the mirror, which can reinforce negative feelings. However, by establishing a routine of regular showers, neat grooming, and wearing clean clothes, we signal to our subconscious that we're making positive changes.

These small actions may seem simple, but they have a powerful effect on our mindset.

By taking care of our appearance, we send a message to our brain that we're actively seeking improvement and change. This can help shift our focus away from negative thoughts and create space for more positive ones to emerge.

Think of it like cleaning out a cluttered room in your house. As you tidy up and organise, you create a fresh and welcoming environment.

Similarly, by tending to our physical appearance, we create a sense of renewal and revitalisation within ourselves.

In doing so, we're not just taking care of our outer appearance; we're also nurturing our inner well-being. By replacing negative thoughts with positive actions, we help reprogram our subconscious mind to embrace optimism and resilience. It's a small but significant step towards reclaiming control over our mental health and fostering a more positive outlook on life.

Exercise is like a superhero for your mind and body, especially when you're feeling down. It has this amazing ability to boost important chemicals in your brain, like serotonin and dopamine, which are like natural mood lifters. Plus, when you exercise regularly, it helps you get in better shape, which can give you a confidence boost and make you feel more capable.

Think of it like this: when your body is strong and healthy, it's like having a sturdy foundation for your mind to build on. You feel more resilient, more energetic, and more ready to take on whatever challenges life throws your way.

So, consider making exercise a regular part of your routine, it's like giving yourself a gift that keeps on giving. Even though it might feel tough at first, especially if you're not used to it, remember that those initial pains and discomforts are actually signs that your body is getting stronger and healthier.

And here's the really cool part: instead of turning to unhealthy coping mechanisms, like self-harming or numbing yourself with substances, exercise gives you a positive outlet for all those pent-up emotions. It's like taking all that sadness and frustration and turning it into something productive and empowering.

So, go ahead and lace up those sneakers or grab that yoga mat your body and mind will thank you for it in more ways than you can imagine.

VISUALISE

When we were kids, our teachers would ask us, "What do you want to be when you grow up?" We'd give all sorts of surprising answers, like wanting to be a doctor or a pilot. But as we get older, we often find ourselves stuck in a kind of daydream and don't really think about what we truly want. It's important to know what you want and what you want to become, no matter how old you are. There's no age limit for wanting a better life or aiming for big goals. It's crucial to figure out what you want and start taking steps towards it. Even the longest journey starts with a single step. With a good plan, dedication, and hard work every day, you can achieve your dreams.

When we're depressed, we often spend many days just lying in bed, not doing anything. This can make us feel really lazy. That's okay if you feel like that, try taking small steps towards your goals, even if it's slow progress. Visualisation technique will act like a boon in this situation.

The visualisation technique is like painting a picture in your mind's eye, but instead of using colours and brushes, you use your imagination. You take a few moments to relax, close your eyes, and start to picture the life you want to live.

It could be anything from landing your dream job to finding your ideal partner, or even achieving personal goals like running a marathon or learning a new skill.

As you visualise, you immerse yourself in the scene, feeling the emotions, hearing the sounds, and experiencing the sensations as if you were really there. You see yourself succeeding, overcoming obstacles, and living your best life. This process isn't just wishful thinking; it's a powerful tool to program your mind for success.

By regularly visualising your goals, you send clear signals to your brain about what you want to achieve. This helps to align your thoughts, actions, and beliefs

with your desired outcomes, making it easier to stay focused and motivated along the way. Visualisation can be a potent force in turning your dreams into reality.

In the visualisation technique, neurons play a crucial role in translating your thoughts and imagination into vivid mental images.

When you engage in visualisation, specific regions of your brain become active, particularly those involved in sensory processing, memory, and imagination. As you imagine mental images of your desired outcomes, neurons fire in patterns that mirror the visual, auditory, and sensory experiences you're imagining. For example, if you visualise yourself achieving a goal, neurons in the visual cortex may activate, creating a mental picture of that success.

Moreover, the brain doesn't distinguish between real experiences and vividly imagined ones.

So, when you visualise yourself accomplishing something, your brain interprets it as a real event, triggering emotional and motivational responses. This can help reinforce positive behaviours, enhance focus, and build confidence in pursuing your goals.

Through consistent practice, visualisation can reprogram your subconscious mind, replacing limiting beliefs and negative thought patterns with positive ones. It can help build confidence, increase motivation, and enhance resilience in pursuing your aspirations.

In essence, visualisation harnesses the power of the subconscious mind to manifest your desires and create positive change in your life. By leveraging the synergy between visualisation and the subconscious mind, you can unlock your full potential and achieve your goals with greater clarity and intention.

CHANGE PERSPECTIVE

When things don't go the way we want them to, we can start feeling down or stressed out. It's normal to feel a bit off when stuff isn't going right. But when we're really stressed or depressed, our minds start releasing chemicals that can make the feelings even stronger. That's when our perspective can change, and things might seem more complicated than they really are.

In the world of depression, some people start imagining things differently. For example, I've met patients who, after looking up depression symptoms online, start feeling those symptoms themselves, even if they didn't feel them before. It's like they believe that being depressed means acting in certain ways: always feeling stressed, staying home all the time, and avoiding fun stuff like watching funny movies or hanging out with friends.

As a result, they might start acting out these symptoms they read about online, even if they didn't have them originally. This shows how powerful outside information can be in shaping how we feel inside, sometimes blurring the line between what's really going on and what we think should be happening.

Sometimes, information we find online or even internal chemical reactions can make us feel lazy all the time. Our minds get used to being lazy because it's easy.

But to beat depression, we have to put in a lot of effort. We need to wake up early, go to the gym, hang out with friends, work, and plan for the future. When we start trying to do these things, our minds might resist by making us feel bored or unable to focus. Feeling like it's a huge challenge to get out of bed and start working to improve our lives is totally normal, especially when we're used to being lazy. It's okay to feel that way.

Imagine there's this eagle that used to soar high in the sky, enjoying life to the fullest hunting, flying, and just living it up. But one day, it accidentally broke its wing and had to spend two months recovering in its nest. During that time, it got used to staying put and stopped flying even after it healed. It felt like that's just how things were supposed to be because it got so used to staying in the nest.

But here's the thing: it's not normal for an eagle to stay grounded forever.

After it heals, it can spread its wings again, soar high, and go back to living its best life hunting and enjoying the freedom of the skies. That's what real enjoyment is all about! Staying cooped up in the nest, looking at the same old things, isn't living the eagle's true life. It's just getting stuck in a rut from staying in one place for too long. We need to realise this and put in the effort to break free from it.

When someone is feeling depressed, they often find themselves trapped in a cycle of negative thoughts. They tell themselves things like, "I can't get out of this," or "My depression is so much worse than anyone else's." These thoughts become like a broken record, playing over and over in their minds, reinforcing feelings of hopelessness and despair.

But here's the thing: our minds are powerful, and they believe what we tell them. So, when we keep bombarding ourselves with negative affirmations, our minds start to accept them as truths. It's like we're sending a signal to our brains that says, "This is how I want to feel."

And guess what? Our minds are more than happy to oblige.

They take those negative thoughts and run with them, making it even harder to break free from the grip of depression.

It's like digging ourselves into a deeper and deeper hole with every negative thought we entertain.

But what if we flipped the script? What if instead of feeding our minds with negativity, we started telling ourselves positive things? Things like, "I want to enjoy life again," or "I have the strength to overcome this." It might sound simple, but the power of positive affirmations is real.

When we repeat these positive thoughts to ourselves, something amazing happens. Our minds start to believe them.

They start to see possibilities instead of roadblocks, opportunities instead of limitations. It's like we're rewiring our brains to focus on the good rather than the bad.

And here's the best part: it doesn't take long to start feeling the effects. With just a little bit of effort and consistency, we can begin to notice a shift in our mood and outlook on life.

Suddenly, the world doesn't seem so bleak anymore. Suddenly, there's a glimmer of hope on the horizon.

So, let's make a pact with ourselves to stop the cycle of negative affirmations. Let's replace them with positive ones and watch as our minds work their magic. After all, we deserve to feel happy and hopeful, and it all starts with the words we tell ourselves.

When we ask people who they love the most, they often give all sorts of answers. Some might say they love their parents the most, while others might mention a favourite celebrity or even a beloved politician. But strangely enough, very few people actually say they love themselves the most.

Isn't that curious? After all, the one person who's there with you through every moment of your life, the ups and the downs, is you.

Consider this: you're the constant companion to yourself. You're there for all the good times, the bad times, the laughter, and the tears.

Even in the toughest moments, like when you're struggling with depression, you're still there for yourself.

So, doesn't it make sense to treat yourself with kindness and compassion? Take a moment to reflect on the significance of your relationship with yourself. You spend every waking moment in your own company, so why not be your own biggest supporter?

It's perfectly okay to acknowledge and accept whatever emotions you're experiencing right now.

But it's equally important to recognise your own value and worth. Instead of being overly critical or harsh on yourself, try to cultivate a sense of understanding and appreciation for who you are.

You extend love and empathy to others, right? Well, it's time to extend that same love and empathy to yourself. Whatever happened in the past, view it as an opportunity for growth and learning. Move forward with a sense of self-compassion and a deep appreciation for the unique individual that you are. Remember, throughout everything you've experienced, you've always been there for yourself.

Think about how you're treating yourself lately. You've been there for yourself through thick and thin since day one. But now, you're not eating right, you're staying sad, you're avoiding people, you're glued to your bed, and you're skipping out on things that used to bring you joy.

Isn't it harsh to treat yourself this way, especially after all you've been through together?

When I talk to people dealing with depression, many say they wouldn't wish their pain on anyone, not even their enemies. Yet, they keep going through tough times themselves. But why put yourself through all that suffering when you're your own best friend? You've been with yourself since day one.

Is it okay to skip meals, avoid people, and miss out on fun stuff? No way. You need to treat yourself well and do things that make you happy. That's the best way to appreciate the support you've given yourself over the years.

All this time, you've been giving power to depression with negative thoughts, lazy habits, and unhealthy behaviours.

But now, it's time to flip the script. Start feeding happiness and watch depression fade away. Just like you welcomed depression, you have the strength to kick it out for good. If you can sink into laziness, you can rise to action. If you can dull your appetite, you can nourish it with healthy food. If you've felt weak, you can build strength. It's all about taking control and choosing positivity over negativity. You've got this!

This is your moment to stand tall and strong. Seize the opportunity to starve out depression. Today marks the beginning of your transformation.

Believe in yourself and your ability to evolve. You've been your own support system from day one, so be gentle with yourself. Rise up and take control of your life. Gift yourself the joy of mental health by conquering depression.

Imagine yourself as the hero in your own story, overcoming challenges and emerging victorious.

Think of each small step forward as a triumph, a victory over the darkness that has clouded your mind. Visualise the life you deserve, filled with laughter, purpose, and fulfilment.

With each positive affirmation, you're rewriting the script of your life, turning despair into hope and uncertainty into resilience. Embrace this journey with courage and determination, knowing that every effort you make brings you closer to the light at the end of the tunnel.

FACE THE FEARS

When someone is going through depression, they often find themselves wrestling with a lot of fears.

Imagine waking up each day with a heavy weight on your chest, unsure of what the future holds. That's the fear of the unknown, the fear of what tomorrow might bring, and whether it will bring any relief from the darkness that surrounds you.

Then there's the fear of failure, the constant worry that no matter what you do, it won't be enough. It's like standing on the edge of a cliff, afraid to take that leap because you're not sure if you'll fly or fall.

And oh, the fear of rejection, it's like walking on eggshells, afraid that one wrong move will push people away even further. It's the fear of being left behind, of being alone with your thoughts and your pain.

Feeling judged is another fear that claws at your mind, making you second-guess every word you say and every action you take. It's like living in a glass house, afraid that one tiny crack will shatter everything you've built.

Losing control is perhaps one of the most terrifying fears of all. It's like being adrift in a stormy sea, with no land in sight and no idea which way is up. It's the fear of being swallowed whole by the darkness within.

And then there's the fear of never getting better, of being stuck in this endless cycle of despair. It's like being trapped in a maze with no way out, with every turn leading to yet another dead end.

But here's the thing, all of these fears, they're just thoughts. They're not real. And with time, with support, with therapy and self-care, you can learn to face these fears head-on.

And you can learn to find the light within yourself, the strength to push back against the darkness, and the courage to keep moving forward, one step at a time.

Think of these fears as dark clouds in the sky. They might seem big and overwhelming, but they're not permanent. Just like clouds can be blown away by the wind, disappear with the sunrise, or break apart when they hit a hill, these fears can also fade away over time.

We shouldn't let these clouds of fear overshadow our lives. Clouds might block the sunlight temporarily, but they can't stop the sun from shining and giving warmth. The sun doesn't worry about the clouds; it just keeps burning bright.

So, let's be like the sun, strong, radiant, and resilient.

Let's look at these fears as passing clouds, knowing that they will eventually give way to brighter days. Just as the sun always rises, we can rise above our fears and shine our light on the world.

Imagine it's Diwali, and your house is sparkling with lights. You're having a blast, setting off fireworks, and soaking in the joy of the moment. Then, out of nowhere, the electricity trips, plunging your bright home into darkness. What do you do? Do you sit there, dwelling on what went wrong and why the fuse blew? If you keep fixating on the negative, you'll miss out on enjoying the festive night.

Just like you'd get up and fix the fuse to bring back the lights and keep the celebration going, the same goes for when you're dealing with depression. Something might have dimmed your inner light, but sitting in that darkness won't help. Instead, you need to flip the switch in your mind, start thinking positively, and take steps to bring back the brightness in your life so you can enjoy it to the fullest again.

Imagine your fears as a ladder, with each rung representing a different level of intensity. Start by jotting down your fears, ranking them from the least to the most daunting. This exercise helps you visualise your fears and understand where to begin.

Now, let's tackle those fears step by step. Begin with the ones at the bottom of your list, the less intimidating ones. For example, if you're afraid of speaking in public, start by practicing speaking in front of a small group of friends or family. As you conquer each fear, you'll gain confidence to take on bigger challenges.

Meditation can be a powerful tool to calm your mind and ease anxiety.

Spend a few minutes each day practicing mindfulness meditation. Focus on your breath and observe your thoughts without judgment. This practice helps you become more aware of your fears and teaches you to respond to them with calmness and clarity.

Lastly, celebrate your victories! After overcoming each fear, take a moment to acknowledge your bravery and resilience. Treat yourself to something you enjoy or simply take pride in your accomplishment. By celebrating your successes, you reinforce positive behaviours and build momentum towards overcoming other fears.

Remember, facing your fears is a journey, and it's okay to take it one step at a time. With patience, practice, and persistence, you can gradually chip away at your fears and reclaim control over your life.

Think about it this way: if we can create our fears, then we also have the power to conquer them. We're the ones who brought these fears into existence, so we can also make them disappear. It's like being the architect of our fears and also having the ability to tear them down.

So, let's dismantle our fears bit by bit and feel proud with every step we take towards overcoming them. Each time we conquer a fear, we're taking control of our lives and making progress.

It's about recognising our strength and resilience as we move forward on this journey of self-discovery and growth.

Think back to your childhood when the end of summer vacation meant returning to school. The idea of leaving the comfort of home and heading back to the classroom often felt like a daunting task. After all, we had become accustomed to the freedom and leisure of being at home.

However, once the school bell rang and we stepped back into the routine, it wasn't uncommon to feel a bit tired or out of sorts during those initial days. Despite the initial discomfort, something interesting happened, our minds began to adapt.

Our minds possess an incredible ability to adjust to new environments and situations.

Just as we eventually settled back into the rhythm of school life, we find ourselves adapting to the challenges and demands placed upon us.

So, instead of allowing ourselves to languish in bed, feeling disinterested or overwhelmed, we can take charge of our day. By waking up, refreshing ourselves, and confronting our fears head-on, we tap into our mind's remarkable capacity for resilience and growth.

Facing our fears isn't just about overcoming obstacles; it's about nurturing our mental strength and fortitude.

With each challenge we tackle, we cultivate a sense of empowerment and confidence, paving the way for personal transformation and growth.

It's through these experiences that we discover the true extent of our inner strength and resilience.

COME BACK

No matter what you're going through, whether it's depression, anxiety, or even thoughts of giving up, remember, this isn't the end. It's just a phase, and you can overcome it. Millions of people have faced depression and emerged stronger, building their own success stories.

You see, there's a silver lining in being in a dark place like depression. When you come out of it, your comeback is incredibly personal and powerful. You've already faced the toughest challenges and shed countless tears. Now, all that's left is to rise stronger than ever.

So, don't give up. Use your struggles as fuel to propel you forward. Face your fears head-on and show the world what you're made of. You have the strength within you to build your own empire. Believe in yourself and keep pushing forward. You've got this!

People who bounce back from depression are incredibly resilient. They have faced their biggest fears and emerged victorious.

Now, they have the power to shape their lives however they want. All that's left is to go out and conquer the world.

People who make it through depression don't rely on excuses anymore because they've already exhausted them during their darkest moments. Now, they're fueled by a clear vision, one that's more powerful than ever. This vision has the strength to light up their path and accomplish anything they set their hearts on. All they need to do is embrace that vision and break free from the grip of depression.

I know many people think about ending their lives when they're depressed. They just want to escape from the pain as quickly as possible. But we're not going to let depression win.

We're going to live our lives in a way that leaves a lasting impact on the world. We'll overcome those dark thoughts and cherish every moment of this precious gift called life. It's easy to give up and feel hopeless, but it's also possible to change our mindset and break free from depression. We need to understand how depression affects us and work on changing our perspective. Our journey back from depression should inspire others and show them that it's possible to bounce back stronger than ever.

Many people believe that coming back from depression means returning to their old life and being happy again. But the truth is, when you overcome depression, you become a hundred times stronger and happier than before. Think of it as a valuable lesson and be grateful for experiencing the darkest moments, because they teach you about life and your own mind. You go through many changes during depression, including chemical ones, but in the end, you conquer those emotions. If you can conquer depression, you can conquer anything. You come back stronger than ever before.

Think of your life like a kingdom in a war zone. No matter how much treasure, army, or equipment you lose, as long as the king remains standing, there's still hope for victory. You are the king of your life. It doesn't matter what you've lost or what challenges you're facing. Stay strong and never let depression defeat you. With determination and resilience, you can overcome depression and emerge victorious. You have the power to conquer depression and rise above it.

No matter if you have supportive people around you or not. No matter if alcohol or smoking is clouding your judgment. No matter if you've lost someone or if you're struggling with addiction.

When the king gives the order, the whole kingdom must listen. Rise up, take your place on the throne, and command your abilities to work for you. Just like a strong king strengthens his army, with determination, you can strengthen your abilities and overcome any challenge.

Think about when we watch a movie: if the hero loses to the villain, we feel disappointed. But in real life, we often let ourselves be defeated by depression. Just like when the hero fights and wins against the villain in a movie, we should fight against depression and experience the happiness we feel when the hero triumphs. You're the hero of your own story defeat depression and feel proud of your victory, just like in the movies.

Just like regular folks, many scientists have experienced depression. But guess what? They've managed to overcome it. And they've become so famous that people will remember them for ages, even after a thousand years.

Several scientists have publicly shared their experiences with depression and how they've navigated through it. Here are a few examples:

1.Isaac Newton: The renowned physicist and mathematician Isaac Newton is believed to have experienced episodes of depression throughout his life, particularly during periods of personal and professional challenges.

2.Charles Darwin: The father of evolutionary theory, Charles Darwin, struggled with anxiety and depression, especially while working on his groundbreaking research. He wrote about his mental health struggles in his letters and journals.

3.Marie Curie: The pioneering physicist and chemist Marie Curie faced numerous personal and professional challenges, including the loss of her husband and fellow scientist Pierre Curie, as well as discrimination and criticism in the scientific community. Despite these difficulties, she persevered in her research and made significant contributions to science.

4.Sigmund Freud: The founder of psychoanalysis, Sigmund Freud, explored the complexities of the human mind and emotions, including his own struggles with depression and anxiety. He wrote about his experiences and insights into mental health in his famous works.

5.Stephen Hawking: The theoretical physicist Stephen Hawking battled with depression after being diagnosed with amyotrophic lateral sclerosis (ALS) at a young age. Despite his physical limitations, Hawking continued to pursue his research and became one of the most influential scientists of his time.

All these scientists faced depression, stress, and anxiety, but they pushed through and became some of the most important people in history. They've left a big mark on the world.

MY EXPERIENCE WITH DEPRESSION

Imagine feeling like every day is a battle, and each problem feels like it's trying to drag you down deeper into the darkness. That was my reality for five long years. The weight of depression felt suffocating, crushing every ounce of hope and happiness within me.

BTech College, once a place of possibilities, became a mess, leading me to make the tough decision to leave. Discrimination added to the pain, igniting a sense of worthlessness deep inside. And my friends cheated me financially and left me all alone after I spent every penny on them. Then there was the breakup, a painful split that left me feeling even more lost and alone.

In the depths of despair, I turned to substances and alcohol, seeking comfort in temporary escapes from the relentless pain.

Days turned into nights, and I found myself retreating further into loneliness, shutting out the world and drowning in sadness. The simple joys of life became distant memories, replaced by the constant echo of my own tears.

But amidst the darkness, a glimmer of hope appeared. An unexplainable desire to become a psychologist sparked within me, a light in the darkness of my despair. It was a turning point, a moment of clarity in the chaos, where I dared to imagine a future beyond my suffering.

With newfound determination, I began a journey of self-discovery and healing. I started to see myself and the world in a different way. Instead of hating myself, I learned to be kind to myself, recognising my worth and value as a person.

I immersed myself in learning about the human mind,

exploring how thoughts, emotions, and actions work together. It was a journey of understanding that opened doors to new possibilities and potential within myself.

Through visualisation and positive thinking, I changed my mindset, building strength and resilience. I learned to navigate my emotions, understanding that being open about my struggles isn't a weakness, but part of being human.

Armed with knowledge and empathy, I set out to help others facing their own battles with depression. With each conversation, I became a source of support, offering comfort to those struggling with their own challenges. And as I saw the power of hope and healing, I realised that my own struggles had given me a gift, the ability to guide others through tough times.

Today, I stand as proof of the strength of the human spirit, a reminder that even in tough times, there's a glimmer of hope.

My journey from darkness to light shows that in every tough moment, there's a chance for change, waiting to grow into something better.

Nowadays, I smile when I see the scars on my hand, realising how foolish I was back then. With a clear goal and strong determination, I've been able to help others and achieve success. I even earned gold and bronze medals, which I proudly display to the world. But what if I had given up? What if I had hurt myself more deeply? I might not be enjoying life as I am now, feeling proud of my accomplishments. I could have died feeling like a failure, forgotten by the world. Instead, I've helped over 1000 people beat depression and supported over 200 others with serious disorders.

I've traveled all across India, driving my own car. I've experienced diverse cultures and met many people, learning their stories and gaining valuable insights. From Telangana to Uttar Pradesh, Maharashtra, Andhra Pradesh, Madhya Pradesh, Tamil Nadu, and

Gujarat, I've encountered various environments that have broadened my outlook on life.

I've seen people who work long hours just to have one meal a day. I've met elderly folks sleeping on the streets, content with the belief that life is a gift from God, and He alone decides when it ends. I've also encountered incredibly successful individuals who grew up in poverty, as well as billionaires who once slept on sidewalks. I've witnessed the kindness of people who help others, finding happiness despite uncertain futures. All these experiences have made me stronger, and I can confidently say that my journey across India has shaped me into someone with a resilient spirit, a sharp mind, and unwavering determination.

I'm not writing this book simply because I'm a psychologist. I'm writing it because I'm living proof that anyone can find success even after battling depression.

Come, take my hand, and let's walk this journey together. Let's leave the past behind, not dwell too much on the struggles of depression, and not be consumed by fears. Together, we'll navigate this ocean of life and explore the world around us. We'll marvel at every creation, appreciating the wonders made by a higher power. Let's change our perspective and become the person we aspire to be. Let's not give up halfway, our abilities are like a ship that can carry us to our destination. Just believe in yourself, take my hand, and let's journey across this ocean together.

Sometimes clouds may block our path, but remember, the sun shines regardless. Foxes may try to trick us, but they must bow before the Lion King. Even if our abilities don't perform at their best, let's command them like a king commands his army.

The only thing holding you back from overcoming depression is a negative thought, and guess what? You created it. Since you made it, you have the power to break it and move forward.

If Stephen Hawking and Sigmund Freud could overcome challenges, and if I can too, then why can't you? You have the ability. You have the power. Let's start pursuing our dreams and stop getting caught up in the illusions of depression. Believe in yourself and let's get to work on achieving our goals.

BREAK THE CHAIN

I know, It's like you've been stuck in a room with chains on for a long time.

But now, it's your chance to BREAK THE CHAIN and see the world in a whole new way. It's time to change things up and explore new perspectives.

You've changed since you started reading this book. Now you understand how the human mind works, the difference between brain hemispheres, how the conscious and subconscious mind operate, and why it feels tough to overcome depression. You've also learned coping strategies. You're not alone, I'm here for you, ready to help you out of the darkness. Just believe in me, hold my hand tightly, and give one big push upward to come back to solid ground.

It's time to break the chain from depression, it's time to break the chain from anxiety, it's time to break the chain from stress, and its time to BREAK THE CHAIN from suicidal thoughts. It's time to break the chain and rise above it all.

This time, we won't look back. This time, we won't stay in bed all day. This time, we won't feel worthless. This time, we won't give depression fake importance.

It's time to BREAK THE CHAIN of those negative thoughts and start living our lives.

Let's come together and be part of the group of winners who have successfully conquered depression and are now living fulfilling lives filled with joy. Happiness isn't merely a wish or a dream; it's a fundamental right that belongs to each of us. We deserve to experience happiness in our lives, to live according to our own desires and aspirations, and to relish every moment of our existence.

It is our inherent right to explore the world around us, to travel to new places, and to discover the wonders that await us. Moreover, we have the right to engage in activities and pursuits that contribute to our personal growth and well-being. Let's embrace these rights and seize every opportunity to make our lives richer, brighter, and more meaningful.

In your battle against depression, remember that every small victory counts.

It's not just about conquering the big challenges; it's also about celebrating the little wins along the way. Whether it's getting out of bed in the morning, going for a walk, or reaching out to a friend, each step forward is a triumph worth acknowledging.

When you're struggling with depression, it's easy to feel overwhelmed by the weight of your emotions. But you are not alone in this fight.

There are people who care about you and want to support you through your journey. Don't hesitate to reach out for help when you need it. Whether it's talking to a trusted friend, seeking professional therapy, or joining a support group, there are resources available to help you navigate through the darkness.

One of the most powerful tools in overcoming depression is self-care. Taking care of your physical, emotional, and mental well-being is essential for your overall health. Make time for activities that bring you joy and fulfilment, whether it's pursuing a hobby, spending time in nature, or practicing mindfulness and relaxation techniques. Nourish your body with nutritious food, prioritise regular exercise, and ensure you get enough restorative sleep.

In your journey toward healing, it's important to challenge negative thought patterns and beliefs that contribute to your depression.

Learn to recognise when your mind is spiralling into negative thinking and practice reframing your thoughts in a more positive and empowering light. Cultivate self-compassion and forgiveness, and remind yourself that it's okay to make mistakes and learn from them.

Remember, progress takes time, and setbacks are a natural part of the process. Be patient with yourself and celebrate your resilience in the face of adversity. Every day that you continue to persevere, you are one step closer to reclaiming your happiness and living a fulfilling life.

As you navigate through the ups and downs of your journey, hold onto hope and believe in the possibility of a brighter tomorrow. You are stronger than you know, and you have the courage and determination to overcome any obstacle that comes your way. Keep moving forward, one step at a time, and never lose sight of the light that shines within you. You are worthy of love, happiness, and peace.

As you turn the final pages of "Break the Chain", remember the journey you've traveled.

This book has been your compass, guiding you through the turbulent waters of depression. It has shown you how to break free from the chains that have held you back, empowering you to reclaim your life and rediscover joy.

But the journey doesn't end here. As you close the book, let its message echo in your heart: you have the power to break the chain of depression. With each page, "Break the Chain" has equipped you with tools and insights to navigate the challenges ahead.

So, as you step into tomorrow, carry the spirit of "Break the Chain" with you. Let it remind you that you are strong, resilient, and capable of overcoming any obstacle. With "Break the Chain" as your guide, you have the strength to face whatever lies ahead and emerge victorious.

THE BEGINNING

This is the end of the book, but it marks the beginning of your journey to a happier life. Now is the time to put into practice all the exercises we've discussed to overcome depression. It's time to write down your problems and find logical solutions. It's time to start imagining your success and telling yourself positive things. It's time to take care of your body and your well-being. It's time to stop spending too much time in bed. It's time to break free from depression and strive for what you want. There's no better time than now. Seize this opportunity and rise above it all. Your comeback should be stronger than ever. You have the power to shape your future, to rebuild your life, and to overcome any challenge that comes your way. Believe in yourself and go conquer the world.

While we cherish all stories, it's the tales of struggle and triumph that leave a lasting impact. Your story, with its ups and downs, will inspire others and serve as a guiding light for those battling depression. Once you embark on this journey, there's no turning back.

Every motivational story was once a tale of hardship, struggle, and sadness. But they transformed into motivational tales because someone changed their outlook, worked tirelessly towards a goal, and refused to give up. Our story has the same potential to become a source of inspiration. It has the power to change lives and motivate others facing depression. It all begins with a single thought, determination, and the refusal to quit.

We are not alone in dealing with depression. There are millions of people who have experienced it, struggled with it, and ultimately conquered it, rewriting their stories with resilience, strength, and determination. Now, it's our turn to become part of those successful narratives. We are not alone in this journey; we have the support and inspiration of countless others who have walked this path before us. It's time to embrace our inner strength, face our challenges head-on, and rewrite our story with courage and determination. Together, we can overcome depression and emerge stronger and more resilient than ever before.

In tough times, when it's all dark,
There's a bit of hope, like a spark.
Even when we're feeling low,
We find strength inside, don't you know?

When our hearts and minds feel blue,
Taking small steps helps us through.
Though pain is heavy, we can fight,
Slowly, we'll find the light.

Every small win helps us cope,
Moving forward, never lose hope.
We hold onto dreams, though they're far,
They're closer than we think, where we are.

Together, strong, hand in hand,
Facing fears, we make our stand.
With love and unity, we find power,
Together, we face every hour.

So let's keep going, step by step,
Brighter days ahead, we'll prep.
With hope and love, we'll find our way,
Together, we'll conquer, come what may.

This is your moment to give yourself the best gift ever
breaking free from depression and embracing
happiness. You deserve it more than anyone else. You
know your struggles and victories better than anyone.
Now is the time to rewrite your story and conquer the
world in your own way.

You deserve to smile, enjoy every moment, and live your life to the fullest. Believe in yourself and your ability to turn things around. You have the strength to overcome challenges and find joy in every day.

So, take this opportunity to celebrate yourself and your journey. You deserve all the love, happiness, and success in the world. It's time to shine and make your dreams a reality.

Take a deep breathe and now it's time to

BREAK THE CHAIN!

- PRADEEP KARENGULA

Title : BREAK THE CHAIN!

Subtitle : liberation from depressions hold.

Number of Pages : 100

Price : 150

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Written by : Pradeep Karengula

Publisher : Self Published by Pradeep Karengula

Here are some simple exercises we talked about:

1. Write down your problems and then try to think of logical ways to solve them.
2. Keep three journals: one for plans for the next day, one for what you've done during the day, and one for reflecting on any changes you can make to align with your plans.
3. Boost neurotransmission by doing physical exercise, getting sunlight, and eating a healthy diet.
4. Take care of your physical health and appearance.
5. Use visualisation techniques to imagine positive outcomes.
6. Repeat positive affirmations to yourself.
7. Try to see things from a different perspective to change how you feel about them.

Please consider giving this book as a gift to someone you know who is dealing with depression. It may help them find a way out of their struggles. Thank you.

If you want personal consultation, you can reach me directly on my Instagram or send me a message on WhatsApp at the number 9618955360.

