

How to Lift the Heavy Mind

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Our mind is simple. A ball of electro-chemical tofu sitting at the top of a high-wired nervous system. The brain flickers with conscious intentions while the body carries out unconscious marching orders. Well, that might be a bit oversimplified. But, when it comes to the human mind, our emotions can take something as simple as self-care and turn it into a gauntlet of bad choices. This is true especially when the mind is heavy. And the deeper we dive into the dark looking for existential truth, the closer our eyeballs get to our navel. Imagine: Your own hand on your own neck pulling you forward and down....This is the ***act of depression***. There are many ways we do this including ***isolating, insulating, and ruminating***. These issues will be discussed in further detail.

The 3-P's and Levels of Depression

We will also explore the symptoms of depression and some scenarios that expose the differences between sadness, grief, loss, and depression. This self-examination is explored in the ***power*** of these symptoms that ***persist*** over time and seem ***pervasive*** in our experiences.

Rituals and Replacement Strategies

Finally we will discuss the ways in which we can replace old patterns with new rituals that address the specifics (origins and actions) of your depression.

But, let's first acknowledge that your specific depression may have an origin. That too is helpful information when combatting our compulsion to fall deep into ***the heavy mind***.