

The S.A.D. Problem & the Easy Daily Solution You'll Use to Solve It



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What You Previously Learned & Achieved

- The most powerful way to get rid of depression & feel better is to change the way think
- Even if you do very beneficial things (like getting exercise), it still won't matter if your thinking doesn't change
- There are easier ways to change the way you think and feel than others
- Focus on the easy wins first (fast, easy results, and part of the "Lazy Approach to Depression" to get big results with minimal effort)

Game Plan for Today

- The S.A.D. Problem: how stress, anxiety, and depression are all deeply connected
- The easy daily solution you'll use to solve it (the exact same strategy I use every day)
- By the end of this video, you will *already* feel better and less S.A.D. because you will know you can do this

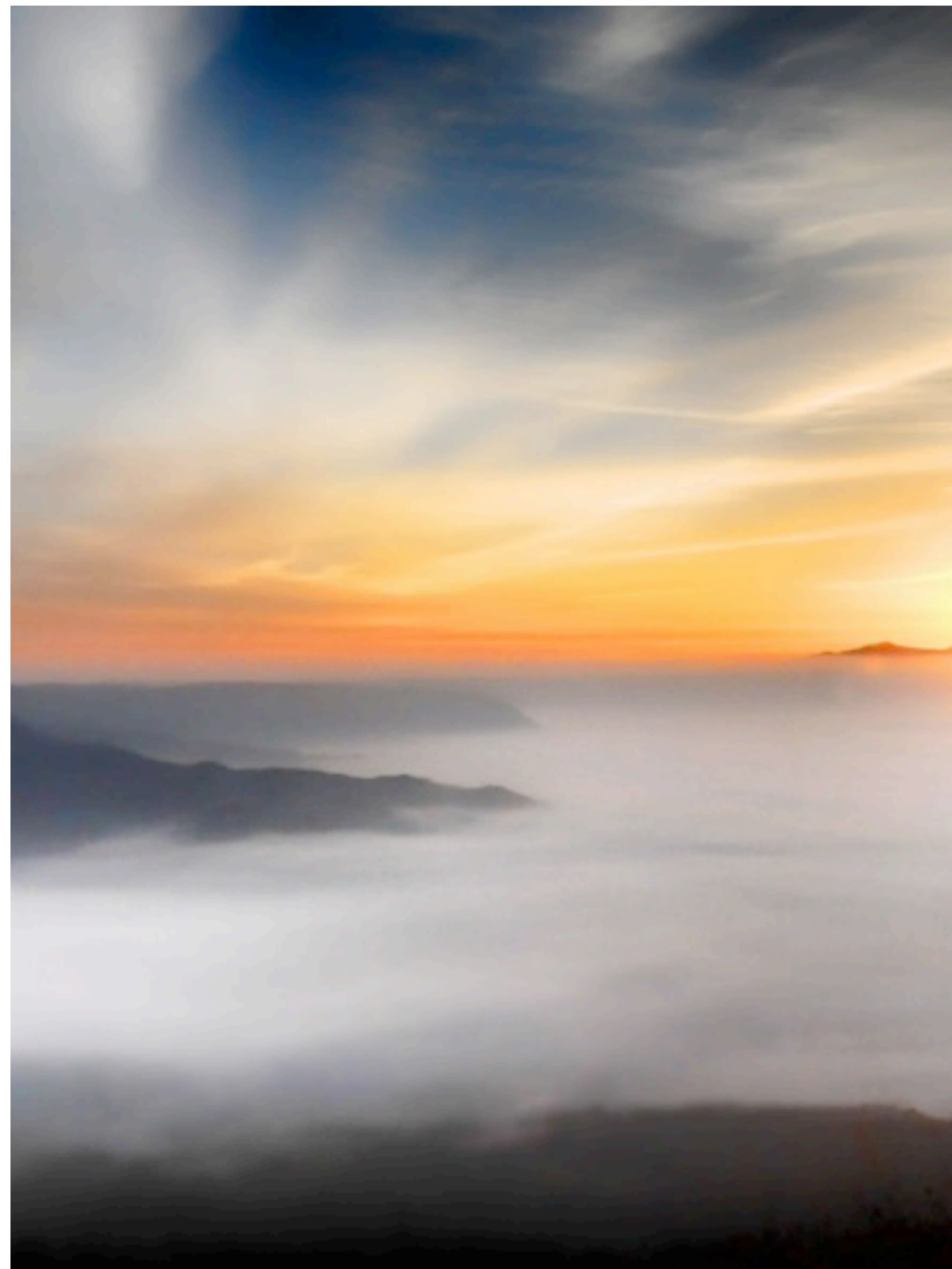
The S.A.D. Problem & the Easy Daily Solution You'll Use to Solve It

The S.A.D. Problem



- When you struggle with depression, you also struggle with stress and anxiety (and everything seems harder to you, which only creates more stress and anxiety)
- Stress and anxiety make you enjoy life less, and also make you more fatigued and have less restful sleep...
- And all of this makes you more depressed than ever (a S.A.D. cycle of depression)

What If You Could Easily Feel Better Instead of S.A.D. Every Day?



- What if you felt more calm, relaxed, and confident every day?
- And what if you felt happier, more energized, and you enjoyed life more every day?
- Wouldn't you naturally start to feel better every day and less S.A.D.? (Stressed, Anxious, and Depressed)

How You'll Feel Better & Less S.A.D. Every Day (the *Easy Daily Solution*)

- Moving forward, you'll learn various mental and physical strategies to feel more calm, relaxed, happier, confident, and energized every day (more of an emphasis on mental strategies since this has the biggest effect on you)
- The strategies will be super easy: you can do them any time, anywhere (brushing your teeth, taking a shower, laying in bed, going on a walk... really, anywhere!)
- This means the strategies will add *no time* to your day, since you can do these strategies while doing other things you'd already be doing anyway!
- This is part of the "Lazy Approach" to depression: feel better with minimal effort

The Daily Happiness Mind Walk: a Combination of Strategies You'll Actually Use

- The Daily Happiness Mind Walk helps you take all the strategies you learn and combine them in a simple, easy, powerful way that you'll actually use
- Example: soon, you'll learn 4 different strategies that will help make you feel more calm and relaxed (and therefore less S.A.D.)
- Usually, you would learn these kinds of things, appreciate that they could help you, but then never use them
- But the beginner version of the Daily Happiness Mind Walk will teach you how to combine these 4 strategies all at once, so that you can easily do them all in 27 seconds or less (while you're brushing your teeth, getting ready for the day, or whatever else)

The Power of Combining Strategies: Easier and More Powerful

- A huge “secret” of the Daily Happiness Mind Walk: when you “stack” strategies and combine them they become more powerful and effective
- Example: a strategy that makes you feel more relaxed is great, and another strategy that makes you feel happier is great
- But combining the strategies = more relaxed + happier at once = awesome
- If it helps, you can think of individual strategies being like individual transformer robots (already powerful) but when they combine and become one giant robot, they become way more powerful (the Daily Happiness Mind Walk is the giant robot)

So If You Find Yourself Thinking “It Can’t Be That Easy”...

- Warning: a lot of the strategies are so easy to implement you might find yourself thinking “it can’t be *that* easy to get rid of depression and stop being S.A.D.”
- So appreciate the power of stacking and combining the strategies in the Daily Happiness Mind Walk (again, part of the “secret” power is the combination)
- Also, remember: the placebo effect in every drug trial shows that changing just one thought is the most powerful thing you can do to get rid of depression (change of thought = “maybe I can get rid of depression”)
- You’ll be doing way more than this every day with the Daily Happiness Mind Walk (even though it is super easy)

The Daily Happiness Mind Walk: Road Map

- Beginner version: takes 27 seconds
- Advanced Beginner version: takes 47 seconds
- Intermediate version: takes 67 seconds
- Advanced version: takes 137 seconds
- Recommendation: get in habit of using these strategies first thing in the morning to start day on a positive note (remember, can do this while doing other things, or even while lying in bed, before you get up)

What You Learned & Achieved Today

- The S.A.D. Problem: how stress, anxiety and depression are all connected
- The easy daily solution: the Daily Happiness Mind Walk
- The power of having an easy daily strategy you'll actually use
- The power of combining strategies to make them even more powerful
- Ideally, already less S.A.D. just knowing you have this solution and that you can do this (just having the strategy already makes you feel more powerful, confident, and relaxed)

What's Next?

*Continue to the next lesson to continue
beating depression faster and easier*