



## Chapter 6 – On Depression Exercise

- 1) Next time you get ‘in a mood’, what would it be like to not look for something on the outside to justify it? What would it be like to know there is nothing wrong with you? What would it be like to have compassion for yourself for your psychological innocence in those moments? ... Practice that.

Of course, get professional help and support where needed, either through medical pathways or via anything that feels right to you. Although depression isn't as fatal as anorexia, it still bites. Horribly. As noted in the book, depression has a terrible irony, that the nature of the condition (e.g. apathy, lack of inspiration, can't be bothered, everything heavy and grey at best) is exactly what makes it so terribly hard to get help. No way around that. Some initial push required as far as I know.