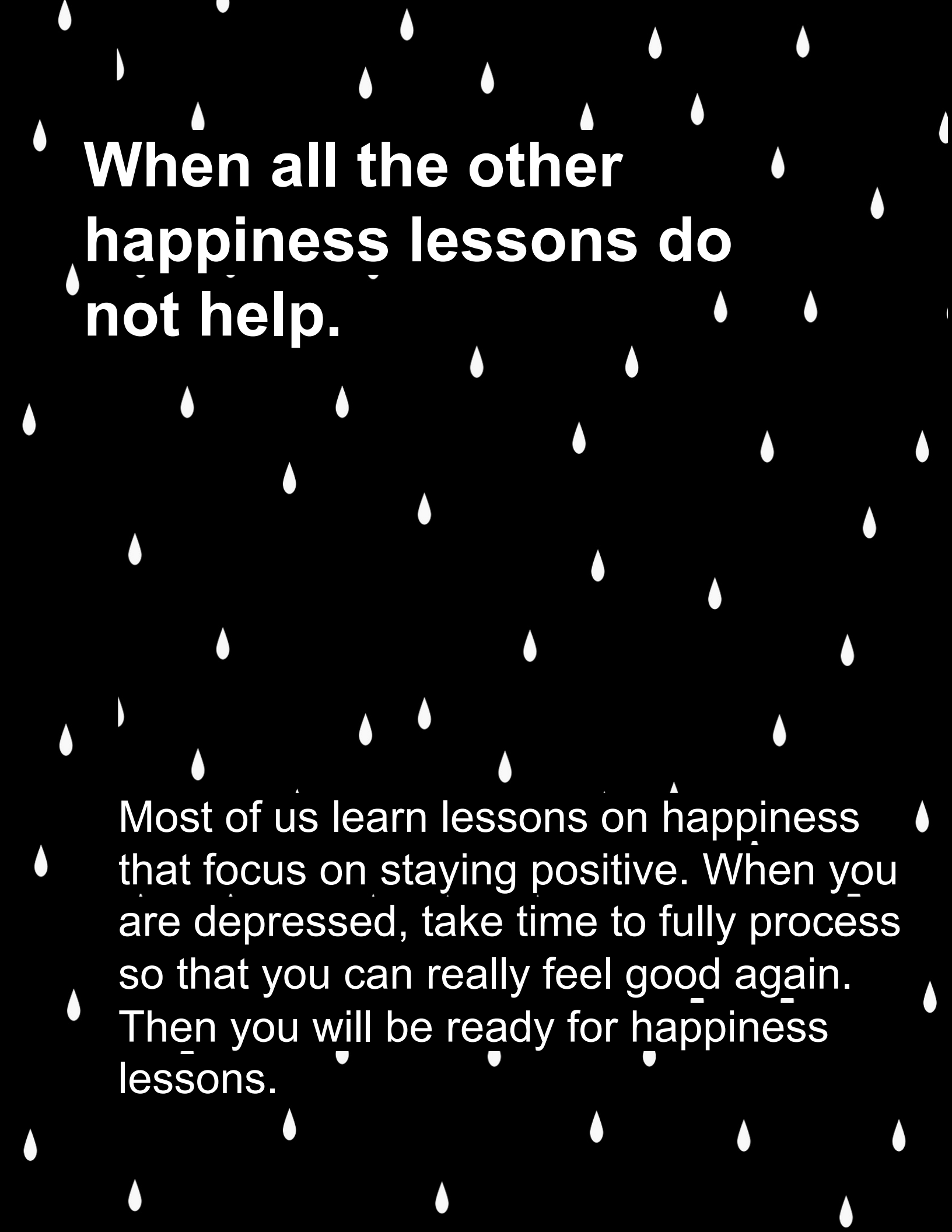


Happiness Lessons for When You are Depressed



How To Be Happy When You are Not Happy lesson from the Happiness Alliance happycounts.org



**When all the other
happiness lessons do
not help.**

Most of us learn lessons on happiness that focus on staying positive. When you are depressed, take time to fully process so that you can really feel good again. Then you will be ready for happiness lessons.

Explore your depression and find out why you are depressed. Sometimes you can do this alone with reflection. Sometimes it takes talking with a good friend or family member who loves you and can listen without judging or advising.

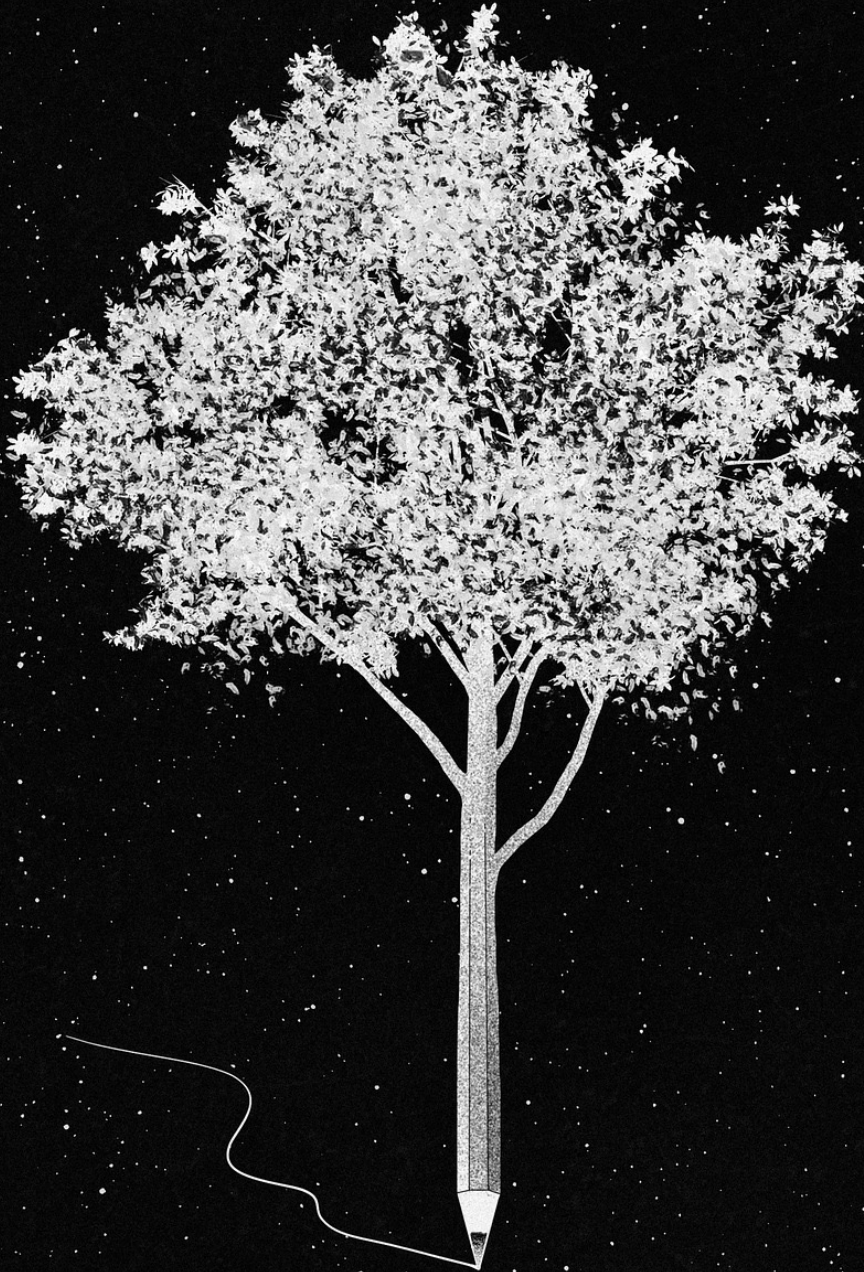


**If you avoid your lows,
you cut off your emotions altogether.**



**It's important to have your feelings without
judgment. Judge your actions - meaning it's
not okay to act badly because you feel bad. Do
not judge your feelings, thoughts or wishes.**

Seek help from a mental health professional or your doctor.



Sometimes there is a physiological problem that medicine can help with. Most of the time it helps to talk. It's important to seek help from someone you trust and whom you feel cares about you and does not judge you.

Depression takes many forms:

insomnia

numbness

inability to focus

loss of enjoyment

hopelessness

weight loss

anxiety

sadness

guilt

fatigue

anger



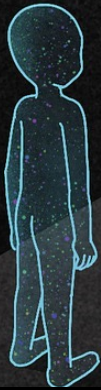
little things get you down but the big things don't and other forms...

**Often depression is interrupted
grief.**



Often you have not fully expressed feelings of loss for:

**something or someone who is gone,
something you never had,
a lost hope
a broken dream**



**a hurt or harm done to you or that you did to someone,
something that is happening that you don't
or didn't want to happen.**

Give yourself the time and space to understand your depression.



Turn towards your feelings with curiosity even though they are really hard. Allow yourself to express the thoughts, feelings and wishes that you may find unacceptable to express.

**Everything changes, even this.
If it feels like you are the depression and
you will never change, notice how the
depression shifts in you even sometimes
very subtly.**

**Allow yourself to feel the shades of the
depression and notice yourself allowing
yourself to feel those shades of
depression.**

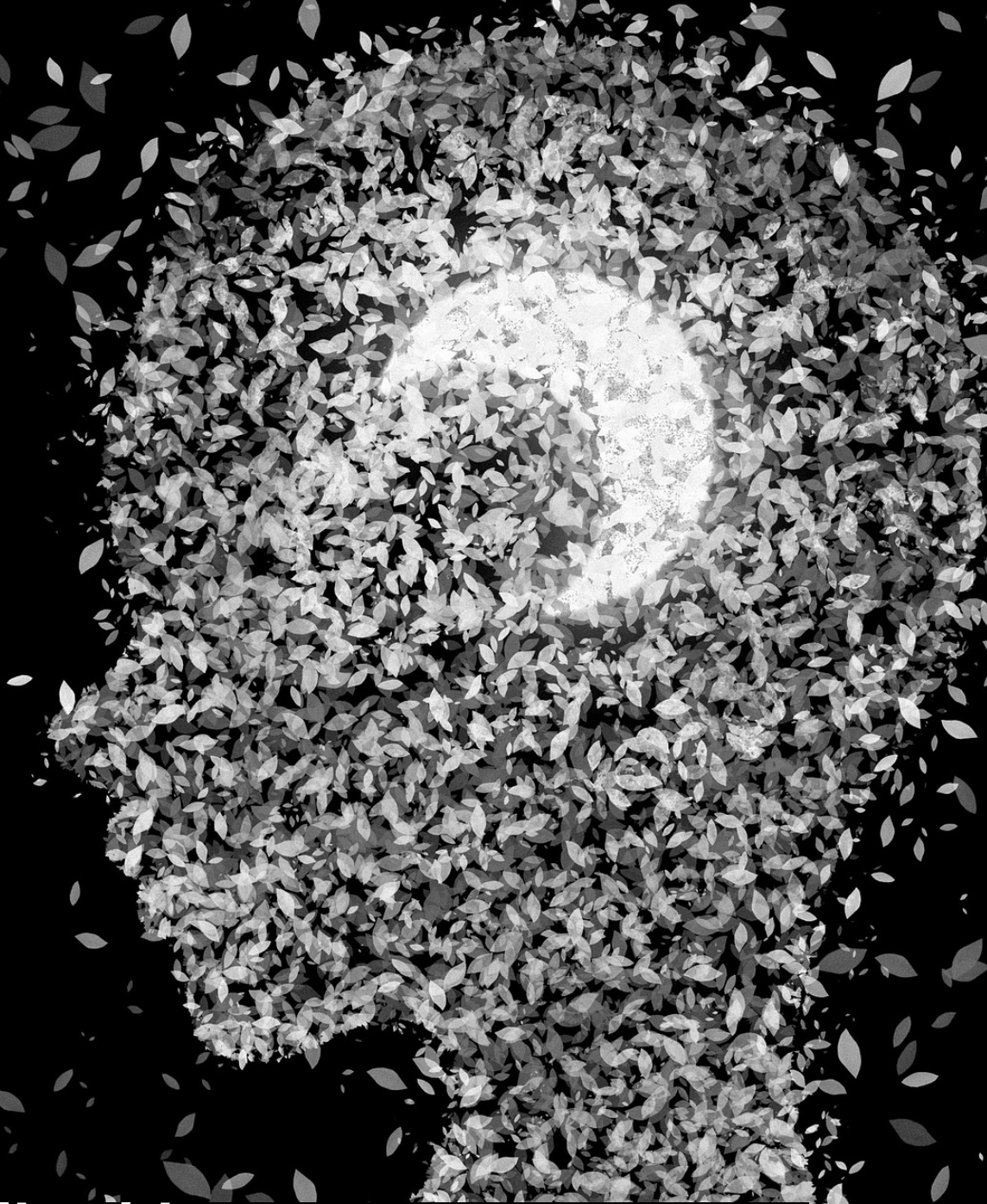
**And remember- fully feeling your lows
opens the door for you to feel fully happy.**



To recap:

1: Feel your feelings without judgment.

2: Understand what you are grieving



3: Talk with someone you trust.

4: Seek help (including a physiological).

Let's look a little more at grief.



There are four phases of grief before acceptance:



Denial
Anger
Bargaining
Depression
and eventually Acceptance.

You can have all kinds of conflicting feelings at the same time.



You may cycle through the stage of grief in minutes, days, hours or years & over and over again.

Denial can take many forms



Disbelief.

Forgetting.

Not Remembering.

Blank parts of life.

Pretending it did not happen.

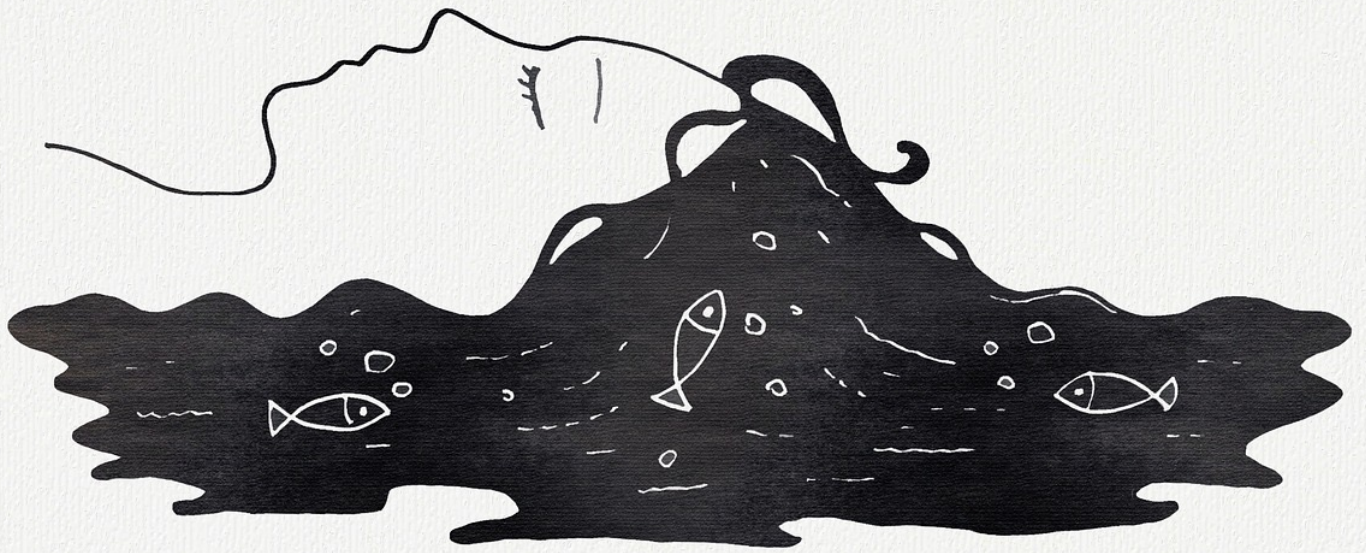
Refusing to talk or think about it.

Acting super-strong.
Huffing and puffing.
Minimizing the event.
Overworking.



Inebriation with drugs or alcohol,
Excessive TV or reading.
Rationalization, over-analyzing,
intellectualizing or philosophizing.
Blank parts of your life.

Anger can take many forms



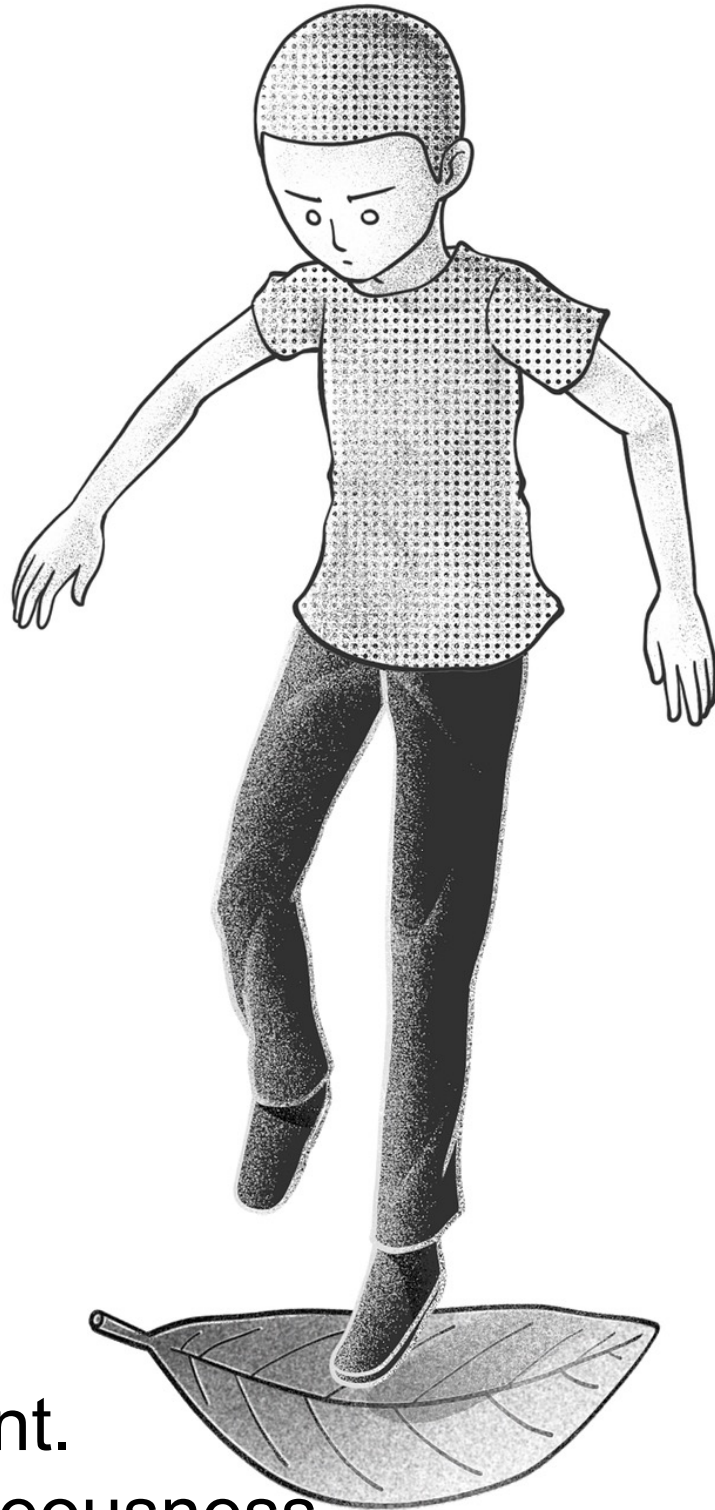
Self-hatred.

Not caring about yourself.

Destructive or risky actions

Critical of everything and unable to find satisfaction anywhere.

Rage, quick to anger or a short fuse.
Resentful feelings that won't go away.
Blaming



Grumpy.
Discontent.
Self-righteousness.
Self justification. Stubbornness.
Refusal to listen to another perspective.

Bargaining can take many forms



Pleading.
Promising.
Threatening
Wishing it was you instead.



Feeling like trading your life to make things right.

Making imaginary deals.

Trying to make things right.

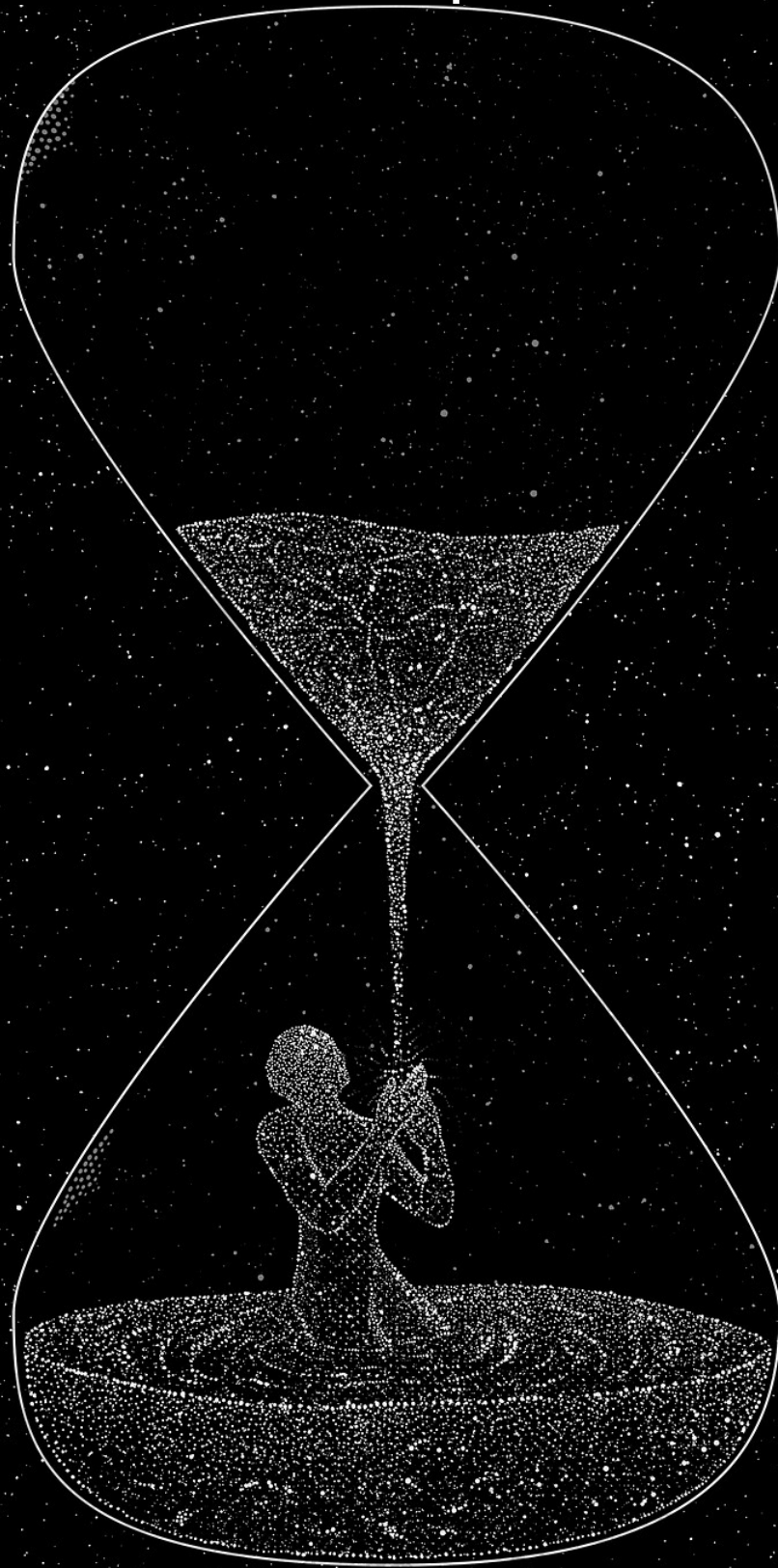
Depression is a stage of grief.



Often it takes talking about the reason for the grief.

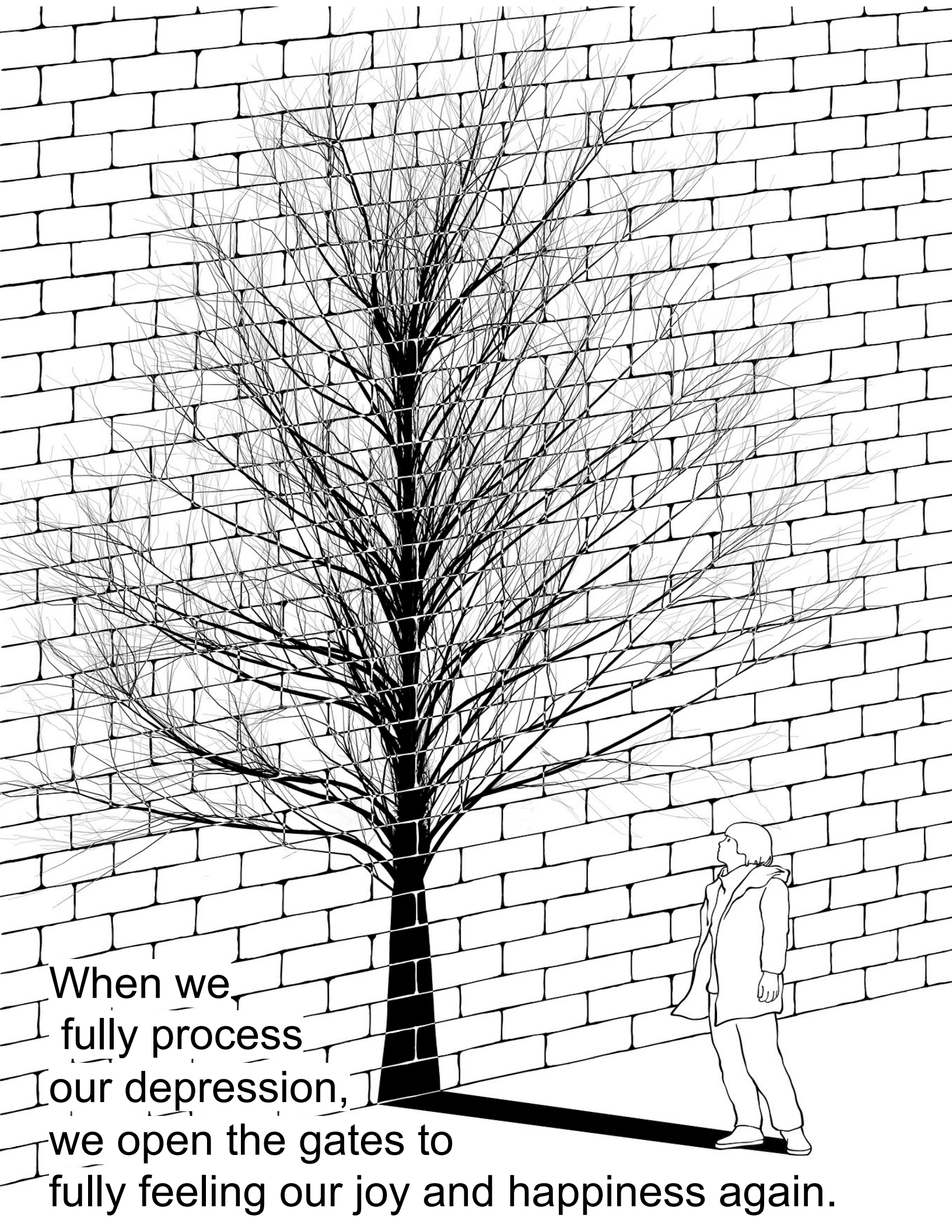
Sometimes medication from a doctor or therapist is helpful in conjunction with talk-therapy (rarely without talk-therapy)

It can last for years, even decades if the
grief process is interrupted.





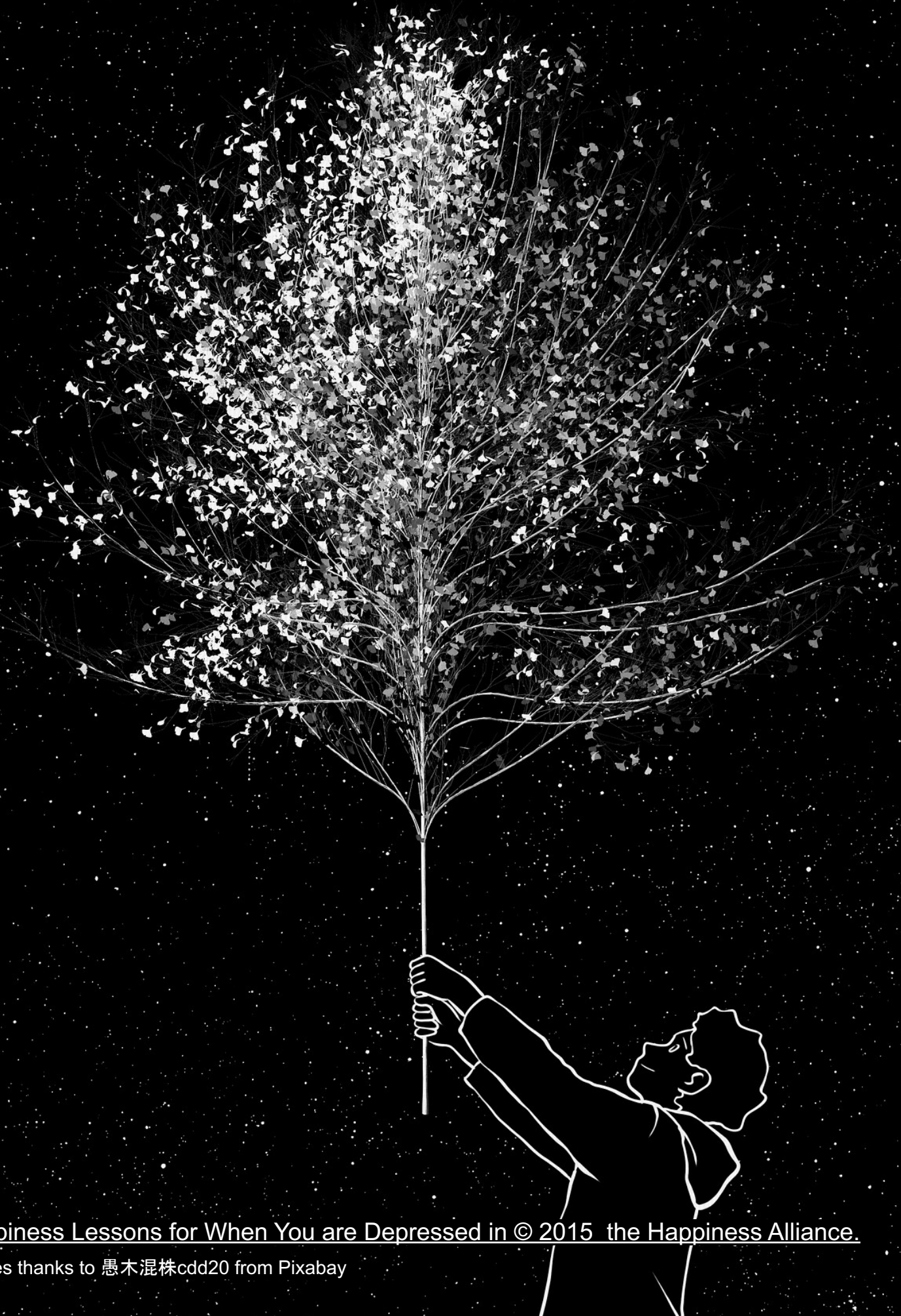
Everyone has a few experiences with depression in their lives.



When we fully process our depression, we open the gates to fully feeling our joy and happiness again.

Depression can happen to anyone at any age, from a very young child to an elder.





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