

THREE TIPS TO DEALING WITH DEPRESSION (STOO2)

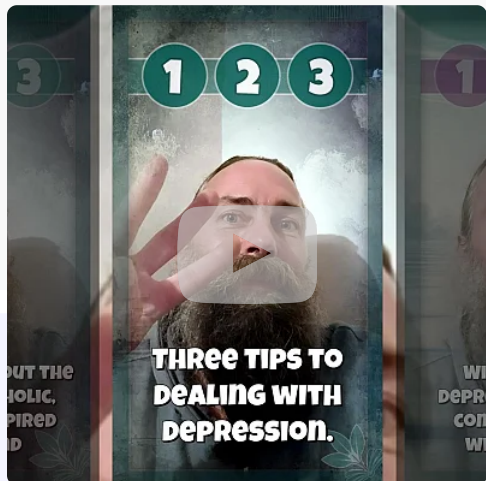
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Moody times will arrive – over and again. Life dishes out high heads and deep tails. Worry not! Dig in thrice with Sage Tips.



- Discover the potentials in your bright and dark seasons of awareness.
- Seek not light in your tunnels – be not blind to meanings before you.
- Acknowledge the mood – but there's no need to ruminate and battle it.

May you meet the well of meaning in your low tides. Mature as you pause and reflect free of sparky drives. Summer and winter – night and day – cycles of nature. Rainbows will not be painted without the rainfall. In peace across the contrasts of our lives...

*#SageTips #Depression #Sadness #Dejection #StatesOfMind
#Psychology #MentalWellness #Duality #Acceptance
#AnandaICU*

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Three tips to dealing with depression. We're talking about the moody, melancholic, dejected, uninspired state of mind that comes and goes in nature's course – and with the right perspective, the dark edge is easily shaved off.

If you are struggling with heavy-weight chronic depression, you may need more than three inspired tips. Then onwards to our perspectives.

Make the Most of Your Mental Seasons

One. Be aware that life isn't strawberry fields forever. For each summer blossoming with life, a winter of death and regeneration must follow. And every night is again followed by a bright day. There are no rainbows without a rainfall.

A creative friend once put it well. "When I'm manic, I write, and when I'm depressed, I revise." That made a world of sense to me. Embrace the innate potential in the times and frames of mind that present themselves before you.

Open Your Mind to Meanings and Inspiration

Two. Do not be too picky on what may and may not inspire you. When you are too specifically fixated on what exactly may inspire you and what most certainly won't, with this tunnel vision, you cancel the potentials that are readily available before you.

So many things, both inside of you and in your environment, hold meaning in the big picture of your life – if only you open your mind and acknowledge them, and receive them, and engage with them. If you put on a tight blinding filter and reject most of what life is offering you, then you alone are creating the continuity of your depression.

Acknowledge Your States of Mind As They Are

Three. Take some distance to your states and frames of mind in general. Your moods, your emotions, come and go, but if you fixate on them, if you are ruminating on your depression, fear, sadness, loss – you empower them and they remain lingering, on and on and on.

Do not bypass, but also do not obsess over them. Simply acknowledge, these states of mind are present now. As they are – and that's it. You need not engage in a battle with them, try to get rid of them as soon as possible. Let them be, for only when you let them be, will they reveal their potentials to you.

In Summary – Three Tips for Depression

There we have our three tips for dealing with depression. Life comes in polarized pairs. Flipping the coin, heads and tails will both land, and with both you must deal with.

- First, embrace the potentials of whatever state of mind is present. Depressed or inspired, make the most of it.
- Second, do not be too picky and entitled for only particular kinds of inspiration, lest you cancel out the rest of what life is offering you.
- And third, accept the states of your mind, acknowledge them, take some distance. Let them be as they are. Do not battle with them.

With these tips, depression will still come, inspiration will still come – but the suffering you experience in being caught up in your states of mind will significantly be reduced. Be well.

 <https://ananda.icu/talks/sage-tips/st002-three-tips-to-dealing-with-depression>