

*KICK IT
WITH
GUSTO!*

A Practical Guide To Living
Through
Anxiety,
Depression
and Manic-Depression

by
Neal David Sutz

Published by Neal David Sutz
Tempe, Arizona - USA

WHAT PEOPLE ARE SAYING ABOUT THIS BOOK -

“Sutz’s positive personal experience and great outlook on life should bring hope to millions who suffer from manic-depression. The fact that he was a patient himself gives his book more credibility than if he were Chief of Psychiatry at a major medical center.”

Garry Gordon, M.D., Author

The Chelation Answer(Foreword by Robert Atkins, M.D.)

“Kick It With Gusto! doesn’t only teach you how to feel better; it actually improves your mood while you’re reading it! I wish I had the simple yet profound insight of this book when I was suffering.”

Bob Olson, Author

Win The Battle, The Three-Step Formula To Conquer Depression and Bipolar Disorder

“...a sensible roadmap along the path to recovery. Many of it’s lessons will benefit everyone, not just those suffering from depression and anxiety.”

Janice Dorn, M.D. Ph.D.

Diplomate, American Board of Psychiatry and Neurology

“Not the usual self-help book, following someone else’s perception, but one that allows you to tailor a recovery method specific to your needs.”

Patti-Jo Davis

Psychiatric Nurse Practitioner

“If you’ve been suffering from any type of disappointment or sickness, you must read *Kick It With Gusto!*”

Paul Funfsinn

Ron Roth’s Celebrating Life Institute

“I think that your book will be useful to the general public at large. You offer a number of reasonable and insightful suggestions for people to maintain control over their emotions, experiences and life situations.”

Jack Silver, CEO and Director

Arizona State Hospital(formerly the Insane Asylum of Arizona)

“I loved Neal’s book. It is an easy, fun read – so inspiring! Once I started reading it, I was drawn from one page to another for the quick inspirations. I would call it a great ‘quick pick me up.’”

*KC Miller, Director
Southwest Institute of Healing Arts
Arizona’s Largest Holistic College*

“Filled with heartfelt thoughts, ideas, and suggestions to lift you up every day! These wonderful words remind you of simple, everyday ways to find relief, joy, and comfort throughout the healing process. Neal’s book is written from a place of understanding and compassion. On those days when it’s hard to even get out of bed, open it up. You feel better just knowing someone else has been there, and that instead of suffering, there are so many ways that you, too, can “kick it with gusto!”

*Carrie Davis
Manager, Yoga Pura Yoga Studio
& Depression Sufferer*

“*Kick It With Gusto!* is a wonderful and unique book. I can’t tell you how inspiring I found it! I read it, over and over again. I even gave a copy to my psychiatrist. Thank you so much for writing this book!”

Annette Feinstein, J.D., M.Ed.

“I would like to personally thank you for sharing your incredible testimony with your journey through the world of bipolar diagnosis. You truly have a gift for making people feel comfortable and free to open up their minds. Your book speaks to the heart and soul of each of us who is struggling to find meaning and hope in this crazy, and sometimes upside-down world by reminding us of simple pleasures and miracles. Your book has already become dog-eared and has found a permanent home on my nightstand, where I can pick it up any time I need a boost or simply a reminder of the beauty and wonder that exists in the world.”

Christina Pavlick - Scottsdale, Arizona

Dear Mr. Sutz,

I just finished reading your book: *Kick It With Gusto! A Practical Guide To Living Through Anxiety, Depression and Manic-Depression*.

I am a neurobiologist who has edited the *CSA Neurosciences* database for over a decade. I have delved into the many ravages of the mind but have found none more insidious and debilitating than the three that you address in your book.

Your words and insight offer hope and inspiration to those who suffer from these forms of mental illness. Life no longer has to be viewed as an inescapable downward spiral. Reading just one vignette a day from *Kick It With Gusto* can help banish despair and lift one out of the doldrums and into a happier, more productive life. But in a larger sense, a single dose a day of *Gusto* can work wonders for each and everyone of us.

Best wishes for a certain best seller!

Frederic A. Spangler, Ph.D.
Bethesda, Maryland

(Written to my mother)

Thank you so much for sending me your son's book, *Kick It With Gusto*. I really appreciate your thinking of me.

Neal is a very wise man who is able to communicate his thoughts well. I have no doubt that his spirituality is a gift from you.

I am going to pass this book on to my loved ones. Its message is so important.

My best wishes to you and Neal.

Charles Cooper, DDS
Rockville, Maryland

"Neal, I wish you much success in promoting and selling your book which I found to be easy and enjoyable to read...you've worked very hard in starting from scratch and going all the way through to publishing and marketing the book yourself! Thanks again for the opportunity to read your new book."

Allie Bloom
BipolarWorld.com

"Neal Sutz's book on the intricacies of being a bipolar, depressed, or anxious patient is a very human and welcome addition to the books that have already been written by lay people about their experiences as patients. What stands out about this one is its very positive and encouraging exhortation for sufferers to be pro-active and to seek out ways of helping themselves, as a powerful way of supplementing the treatment prescribed by their doctors. There is a special emphasis on natural/ biological approaches, as opposed to pharmaceutical approaches, although it is recognized by the author that there are many times when the medications can be very helpful, at least for limited time-periods. I encourage both patients and mental health professionals to read this book; for the latter it could well be instructive on what it is like to be on the receiving end of these illnesses - and of their treatments."

*John V Dommissse, MD, MBChB (CapeTown), FRCP(Canada)
In 25th yr as a private nutritional, metabolic & psychiatric MD*

"Neal Sutz has managed with his short verses, formatted in small bites and designed to be easily digested, to strike a chord in fellow bi-polar sufferers. Each page carries a pithy, helpful, one or two paragraph idea that seems to resonate and inspire. He shows his readers how to make the most of every moment outside themselves, from rolling in the grass to enjoying the sunlight or rain. When he read at our store, the audience was excited, asked many, many questions and *bought the book!*"

*Gayle Shanks, Buyer, Changing Hands Bookstore
Arizona's Largest Independent Bookstore*

"Your book is a banquet of wisdom and mental health with 'nuggets' all brought together in one place. It reminded me of 'attitude of gratitude' of AA, the psychology of 'loving yourself,' Ann Lander's list of 'do's' for the New year, Thanksgiving, and much more, healthy living and exercise, doing for others and most of all, seeking the Kingdom of God"

Margaret H., Bethesda, Maryland

"Your book is beautifully done – and clever! For those who are not well, it is non-threatening and easily read because of the unusual format. Bravo!

*Carol R. Keppler, M.S., Founder and Director
Intuitive Health Institute*

Words From Lecture & Book-Signing Audiences

“Your presentation was very motivating...a small heartfelt, “Thank you. Congrats!”

“You gave me hope of getting better and showed me to not give up.”

“An answer to my prayers. Before I came to see you speak, I'd been praying, ‘God, please help me.’”

“Your words are honest and informative.”

“It is nice to know I am not alone.”

“Thank you for your willingness to share personal experiences and at the same time inspire. You showed me that someone else has suffered the same pain as me and survived.”

“May God bless, direct and protect you and your loved ones. You wrote a beautiful book.”

“Your words are very clear, very well-presented, kind and calm.”

“You communicate your knowledge easily – in laymen’s terms.”

“Your words are direct and understandable.”

“You are personal, up-beat, uplifting and well-spoken.”

“Thank you for sharing your personal experiences – with a sense of humor.”

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For Us All,
May Our Peace Increase
And Our Pain Decrease.

Introduction

I've written this book for both you and me – for everyone who knows what it is like to suffer from anxiety, depression and/or manic-depression (also known as bipolar disorder). If you're in the military and are suffering from PTSD and related anxiety and depressive disorders, this book can be a great and simple tool for you to use in your healing. Because of your dedicated service to our country, I am giving you this book for free. I sincerely hope it helps you.

Throughout my healing, a path that continues, I have found the ideas listed in this book to be helpful for me. Most of them are free, other than going to the doctor, which is an expense that is well worth the time.

I will say this – read through this book and don't ask *me* how to do to get better – ask *yourself*. We are each individuals and we each have our own path. We are each unique beings and there are many unique paths to healing. My hope is that you will find the healing methods listed in this book to be useful.

I know from personal experience that when you're feeling low, it's hard to concentrate on anything – that's why I've put *Kick It With Gusto!* in an easy-to-read format. You can pick it up and read one page, or ten or twenty, or even the whole book. Each page has its own special healing message.

My Grandmother used to say, "If you're going to bother to do something, do it with *gusto!*" Simply put, do it with all you've got!

I very much hope this book will remove some of the stigma associated with mental and emotional illness. I also hope that people will realize that relief is possible through education, treatment and love.

With regard to depression and bipolar disorder, there are a number of different forms, other than the familiar classic forms. Take time to learn about all the forms to help

yourself and your doctor by being thoroughly informed and, therefore, getting an accurate diagnosis.

Also, do yourself a favor and be honest with your doctor. Only a proper diagnosis can lead to a thorough and successful healing.

Having bipolar disorder, or anxiety or depression for that matter, doesn't mean you're crazy. It also doesn't mean you're a bad person. And although some anxiety conditions and depressions are caused by situations, clinical depression, bipolar disorders and many anxiety conditions are all physical illnesses, just as much as diabetes is a physical illness. They're a challenge that you are faced with and one that you can live through and thrive from once you find your healing path.

For most, getting better is more than just taking a pill – it's hard work and dedication. It may be reading, counseling or group therapy. It may be a little bit of each. Whatever your path, know this – you can get through it and learn to live a happy, fulfilling life. You can get better. Keep the faith and don't give up!

Take it from me – You can ***Kick It With Gusto!***

*Neal David Sutz
Mesa, Arizona
March 2007*

Since my book came out a few years ago, it seems to have really caught on. I am so happy that my simple words are able to inspire hope and comfort in my fellow human beings. Please visit my web site, www.ForOurMilitary.com, for information on my speaking engagements, book signings and on purchasing the documentary I have produced. It is entitled, "To Life – One's Journey Beyond Bipolar." It's not just a film about bipolar disorder, it's a film to show that recovery from any kind of mental illness is possible. This film will inspire, guide, inform, educate and show you that you can get well from mental illness. For loved ones of those suffering from

brain disorders, it offers an inside look on successful treatment strategies, a ton of information and many coping methods. It is also superb for support groups, families, psychiatrists, psychiatric hospitals, and counselors of all sorts - for anyone who wants to know what it is like to successfully live through having mental illness.

REACH OUT

Having anxiety, depression or manic depression
Is not something to be ashamed of.

It doesn't mean you're weak
Or a bad person.

In fact, you're to be congratulated
When you reach out,
Because it's intelligent people
Who ask for help
When they're in need.

You'll be amazed
At how many people *want* to help you –
And you'll be even more surprised
At *who* is willing.

All you have to do is ask.

GET SOME SUNLIGHT

It may come as a surprise,
But did you know
The sun never sets?

Even on a cloudy day,
You can catch some wonderful rays!

That mighty, yellow star
Blasts right through the clouds,
No matter how thick and grey they are!

And it can bring some much needed light
Into your heart
And lighten the load you're carrying!

SING OUT

We all have our ways
Of singing out.

It may be a song, a humm or a simple tune.

It may be hollering
Into the midnight sky
On a night when everything seems
To be closing in.

Maybe it's little more
Than turning your favorite word
Into a harmony that fills your heart
And the air around you with
Exhilaration, peace and love.

ASK QUESTIONS

The lines between
Anxiety,
Depression
And manic-depression
Are often so thin it's hard to tell
What's happening
From the inside out
When you're trying to do so
With only little pieces of the puzzle.

So, when you're seeking answers,
Whether from a person, a book or a web site,
Ask all you can
And don't be afraid to be honest,
If only with yourself,
About how you're feeling
And how you've felt.

In doing so,
You're assuring yourself
The best chance possible
Of a correct diagnosis
And a quicker road to successful treatment.

REMOVE YOUR STRESSORS

Depending on who we are,
We all have certain things
In our lives
Which stress us out.

From parts of our jobs
To certain people
To certain situations.

And while we may not be able
To have control
Over many of those stressors
And other parts of our lives,
There is so much
We can do
To make our lives
Just a bit more peaceful and enjoyable.

So, for whatever parts of your life
Stress you out
That you can control,
Do it –
And while it may not be easy,
Change them in a way
That benefits you.

And in doing so,
Remove any unneeded stress,
So your life can be
The blessing it is meant to be.

MAKE SOMETHING FOR YOURSELF

There are so many wonderful things
You can make
That can help you feel better,
All depending on who you are.

And who better to make something for
Than yourself!

It could be a drawing,
A painting,
A cutting board,
Or any of your favorite things.

Whatever it is you decide to make,
It'll be your creation,
And that alone
Is wonderful
And reason to feel a bit better.

You don't have to do it to impress anyone –
Just do it and enjoy all that you do!

DON'T BEAT YOURSELF UP

There's enough criticism
In the world,
Without you beating yourself up,
Or comparing yourself to anyone else.

We all make mistakes in life,
That's just part of it,
And there is always more to learn.

So, whatever you do,
With whomever you do it,
Be easy on yourself,
And don't beat yourself up
If you don't do what you think
Is the best job.

You're doing great,
A wonderful job,
Just as you are right now!

SAY 'SO WHAT,' NOT 'WHAT IF'

Often, when things are tough in life,
When challenges appear,
Or we have a glimpse
Of a frightening situation,
Something that brings us sadness, anger or fear,
We start to make it worse
By saying, "What if this..."
Or "What if that..."
And all we do by doing that
Is make whatever is happening worse,
Making the situation even less bearable.

So, try this the next time
You start saying, "What if..."
Say, "So what if *whatever* happens!"
And watch how quickly
You start feeling better
And how much more calm
You become all around.

GO SEE A DOCTOR

Since we all have different bodies,
We all have different reasons
For why we feel the way we do.

There may be physical causes –
There may be psychological causes –
And there may be a little bit of both.

So, do yourself a favor
And see a doctor,
A real professional,
And tell him or her how you have been feeling
And get a good check-up.

Doctors may find the root of your feeling bad
Or they may find nothing at all.

Either way,
It's information worth having,
Since many anxiety and depression symptoms
Are related to physical things.

So, whatever you find out,
Whether or not there is something wrong
Physically,
You'll have information
To help you on your road to healing.

MAKE A GRATEFUL LIST

If you try really hard,
There is no doubt in the universe
You can find at least one thing,
To be grateful for
In your corner of the world
Called YOUR LIFE!

Start with one –
I know you can find at least one –
And then try for two –
Two could lead to three
And before you know it,
You could have four or more.

EXERCISE

Guess what???
Exercise doesn't mean
You have to beat your body up
And make a salty river of sweat.

And it doesn't mean
You have to tear your muscles
And get laid out flat on your back as they heal.

It could be as simple as
Taking a walk around the block,
Or doing some yoga to get your blood pumping
Strong through that magical heart of yours!

It could mean riding a bike with childhood glee,
Rollerblading through a park,
Kicking a soccer ball,
Throwing a baseball,
Or playing any number of sports.

You are the one who can define
Exactly what exercise is for you,
And you are the one who can make it fun!

HAVE COURAGE

In the heaviness of your body,
The weight of your thoughts,
The emptiness of your heart
And the *apparent* hopelessness of it all.

Know, if only first through these words...

You can make it through this
Like others you know,
And some you don't know,
Including the guy
Whose fingers are tapping these words
Right now.

The same guy
Who almost lost hope himself
Just before the light of his life got turned back on.

HAVE PATIENCE

When minutes seem so long,
And drag into hours that seem to never end,
Meeting days you can hardly longer bear,
And your life seems little more
Than a mountain of pain and suffering,
Know you can and you will
Make it through this.

And into a life so filled with love and joy
That you, like me now,
Will put your arm around
Someone you see to be suffering,
Like you were in a day then gone,
And tell them –
Hang on one more day...

Just hang on one more day.

MAKE SIGNS

Plaster the walls and cover the tables
Of your home
With words, pictures and other things
That inspire your healing
And remind you of good times passed,
Great times to come,
And anything wonderful
That you are able to now see.

ACCEPT YOURSELF

Accept yourself as you are.

Accept your assets
And your faults.

And know that you are a wonderful,
Diverse human being,
With a beautiful soul.

You are exquisitely unique
In all your qualities,
And all those parts of you
That you may not like
Are only areas that,
If you so choose,
You can change and improve.

There is always room for the better
And it's not about being perfect.

But remember, you are splendid
Just as you are.

EAT WELL

There is no denying
We are all human beings,
Living in these physical bodies
Who need healthy, fresh
Food and drink.

MAKE CONNECTIONS

Reaching out can be a big challenge,
Especially when you're feeling down or anxious,
But it's so, so important,
Eventually,
To all of us who suffer like that.

We're social beings, we humans,
And we need each other sometimes,
Sometimes more than others.

So, reach out
To family or friends or groups
Because in them you'll see yourself,
And you'll feel so much better
For having done so.

USE YOUR RESOURCES

We all have things we are good at,
People we know,
And ideas we have about how things can be done.

And while we're feeling bad,
It's that much more important
To use those resources
To help us
Get back on our feet.

MAKE A 'WHEN YOU GET BETTER' LIST

Whether you believe it or not right now,
You will be getting better.

In fact, you're getting better
As you read this.

And as you continue to get better,
When your life once again
Is filled with clarity, calm and happiness,
Inspiration and motivation will be yours.

So, what better way to prepare
For that day
Than making a list of all the things
You'll do when the sun
Of that glorious day rises on the horizon.

BREATHE

I heard once
That human beings
Can go weeks without food or water.

But take our breath,
For even minutes,
And we might die.

On that note,
Bring a slow, deep, beautiful breath
Into your wondrous body,
Filling yourself
With this great life force.

Remember that this simple air,
This invisible mystery,
This little element called O₂,
Oh, what a miracle it is!

MASSAGE

Get a massage or other body treatment.

Allow yourself to be pampered
And know that you are worthy.

You're allowed to feel good,
To be taken care
And to relish in that comfort.

And to just take it in
All the good you can,
Deep, deep inside of you
To the very core of you.

And if money is an issue,
Call a friend or a local massage school,
And you will surely find
An option that will suit you perfectly.

BE HONEST

It can be challenging sometimes,
To be honest about how you're feeling,
To be honest about anything at all,
To speak your mind
When you feel all wound up,
To share what's happening
Deep inside your mind and heart and soul.

But it's very, very important
To let it out
In a way that helps you
And doesn't hurt you or another.

So, when you want to say something,
To share what's going on inside you,
Do it, just do it,
And know how much better you'll feel.

READ

There are so many wonderful things to read –
Books,
Magazines,
Journals,
Newspapers.

For sure, there is something for you,
Some words that will fill your day
With happiness, love, depth, goodness and
Understanding,
All depending on what it is you read
And what you're feeling when you read it.

So, do it, pick something up,
Take your time
And devour every word.

Take it all inside your very being
And appreciate that you know
How to read.

And relish the very experience of it.

WRITE

If we know how to read
We know how to write,
And whether we think we know
How to write or not,
If we know how to read
We know how to write.

It's as simple as that.

Writing can be a single word
Or a sentence, or a few,
It doesn't have to be a book
Or an article.

It can really be that simple.

You don't need a diploma or a degree
Or the permission of someone else.

All you need to do
Is pick up a pen
Or turn on your computer.

All you need to do
Is take the first step
And see what comes out –
You'll be amazed
At what a beautiful release it is.

LISTEN TO MUSIC

Music is the space between moments.

It is what carries us
From here to there,
With its own individual rhythm.

And there are so many beautiful sounds in music,
Instruments that touch our soul
And lift our spirit so,
Words that reach
Deep in our heart
And remind us of the happy beauty in life,
Tunes that remind us of better days passed
And better days to come.

So, if you're ever sitting in silence,
And you know you need something more,
Just turn on some music,
Your favorite music,
And feel the beauty of it all!

MAKE MUSIC

Oh, there are so many wonderful sounds
To be made
With so many different kinds of instruments.

And you don't have to be a "musician"
To make great sounds,
Sounds that please your ears
And the ears of others,
You don't need to know how to read music
To make musical sounds.

Everybody can play an instrument,
From a garbage can cover to a violin
And everything in between,
So pick up your instrument
And start making music.

You'll be happy you did.

SING OUT!

If you want to sing out,
Sing out!

Heck, even if you don't think
You can sing,
You can, yes, you can sing!

We all have a song inside of us,
Words that ache to be sung,
A tune that begs to be hummed.

So, no matter how low
You may be feeling,
No matter how dark or anxious
Things may seem,
Stop the sadness,
If only for just a second,
And make a song
That fills your heart
With love,
Your being
With joy,
And you can be sure
Your mind will rise up
To meet them both
And make this moment
A treasured gift of sound.

MOVIES, MOVIES, MOVIES

I love movies
Because there are so many kinds,
From comedies to dramas
And everything in between.

Films that can make you laugh
And others that can make you cry,
Films that can inspire you and
Others that make you appreciate
Exactly where you are.

So, if you're feeling down or irritated,
Just watch your favorite film,
Or try a new film and
Enjoy the pleasures you'll find in them.

DON'T RUMINATE...DISTRACT INSTEAD

Sometimes,
When we're feeling down,
We tend to focus on bad things,
Dark things,
And things that aren't even real,
And it can be tough to turn toward better things,

So, try this sometime instead,
When you think something
That makes you feel bad,
Or worse than you already feel –

Turn your focus to something else,
Anything that makes you feel better,
And if you find yourself turning
Back to the things that were making you feel
So bad,
Distract yourself again,
With a picture, a painting, a song or even humming
A tune
That makes you feel better.

You'll be glad you did,
And you might even forget that you felt bad
To begin with.

SAY "HUG ME"

Whoever we are,
Wherever we live,
Whatever time it is,
We all have one thing in common,
Even if some of us don't believe it -
We all need hugs.

To get them
And to give them,
Because there's something magic in a hug.

There's love in a hug,
And joy and calm and peace and wonder
In a hug.

There's everything right and nothing wrong
Everything good and nothing bad.

And it's all in this little thing we call
A hug.

So when you give them and
When you receive them,
Do it with gusto
To let the person you're sharing that hug with
Know they are loved,
And remember,
You, too, are loved.

SUPPORT GROUPS

I know it's hard
To be around others
When you're feeling the way you are,
Whether anxious or depressed.

But for those times,
When you're feeling good,
And even close to feeling good,
For those times
When you can manage to get up
And go somewhere,
You may find wonder and calm
In spending some time
With others who understand
What you're going through.

Because only in having gone through this,
Can anyone really understand,
And in that,
Know you have found some friends.

FIND FREE STUFF

In every city in the world,
There are things to do
That cost absolutely nothing.

Because it doesn't have to cost money
For something to be fun and enjoyable.

It may be a play, a concert, or a film in a park,
Maybe even a pool to swim in
Or a field to walk in.

Call your local Chamber of Commerce,
Check out your local newspapers,
Call the local news stations.

You'll be amazed
At how many FREE things there are to do
In your very own hometown.

FLOWERS

Flowers are so beautiful,
And varied
And wondrous in their scent
And their appearance
And the wonderful way
They can touch your heart and soul.

And it doesn't take someone else
To give them to you.
For you to enjoy them,
Because even you
Can go to the store and buy them,
Or go to the garden and select them
And put them in a vase
For you to enjoy
And to remember that you, too,
Are a flower as beautiful
And varied and wondrous
As any that has ever grown
And been given to anyone.

CALL SOMEONE

Sometimes, it can be so lonely
To experience anxiety,
Depression
Or manic-depression.

You can feel like you're the only one
In the world,
And the only one
Who knows what it's like to feel
Like you do.

So, when things get rough,
As they often do,
And you may be losing hope,
Or even if you are just a bit lonely,
Pick up the phone
And call someone.

Sometimes, you don't even have to talk
About how bad you feel,
Because just talking with someone
About anything at all
Can be the biggest remedy of all.

BE SMART

We all have gut instincts,
Feelings we get
When we know something's right
Or something's wrong.

Hunches that we just can't ignore,
Things we know
Will make us feel better
Or feel worse,
Things that will lead us
Toward the answer
Or away from it.

So, all I can say,
Is be smart,
Follow your gut
And trust in it.

And you'll find your way
Out of this bad feeling
Sooner than you think.

FIND WHAT YOU'RE GOOD AT AND DO IT

To find out what we're good at,
We often have to try lots of different things,
From writing
To speaking,
To painting,
To drawing.

There are so many different things to try
To find out what we like to do,
What we do best.

So, stretch out your abilities and
Try lots of things,
And then soon you will find
Your own special thing.

SOMETHING POSITIVE EVERY DAY

There are many positive things you can
Choose to say to yourself
On any given day.

You can tell yourself
You love yourself,
That you are a good person,
That you accept yourself
As you are,
Right now.

There are so many ways
You can care for yourself,
So many positive things
You can say to yourself.

It may seem a bit odd
To talk to yourself
And say such things,
But, I say,
If it can help you,
Why not!

So, just do it,
Pick something positive
To say or think
And make it your phrase of the day.

PERSIST

Sometimes,
More often than you may like,
What you're going through may seem
Like more than you can bear.

And the simplest things may seem
Much more than you can handle
But know this...

You can and you will get through this,
And the only way through
Is through,
Not around.

Climb the obstacles,
However tall or short,
And know that you can get over them all,
And you will,
If you only persist.

RAIN

When it rains,
Welcome the drops falling from the sky,
Smile at their coming
And freshness.

Go out in the streets,
In the fields,
In the mountains,
And let the rain cover you,
Every inch of you.

Let it cleanse you
From the outside in
And back again.

Don't run from the rain
And hide beneath a tree,
An umbrella
Or a building.

Befriend the rain
And it will befriend you.

SNOW

If you live anywhere
Where the snow falls,
Bundle yourself up
And go out and play in it.

Fall down in the snow,
And make snow angels,
Roll the snow up in balls
And throw them in the air,
Or at your friends,
And laugh, laugh, laugh,
With all your might!

DANCE

Oh, these bodies are wonderful
And exciting and full of life,
No matter how down or anxious we may feel
Sometimes,
No matter where we are or who we are with.

Use your body,
To dance through the air
From one step to another
And ever still to another,
To feel the rhythm of life
Or a song,
And move to the sounds
That make this Earthly trip
So happy and blessed.

IT'S NOT YOUR FAULT

No matter what anyone says,
No matter what you read
In the newspapers or magazines,
Or see on TV
Or hear on the radio,
Remember, this –
What you are going through
IS NOT YOUR FAULT!

Whether it's depression, anxiety or mania
Or a little bit of each,
You didn't do anything to deserve this pain,
It's not your fault,
And you are not being punished.

In fact,
It's no one's fault,
It just is –
That's all.

CHOOSE

When it comes down to it,
It's your choice,
What you do with your days,
Moment to moment
And hour to hour.

And you can choose to start feeling better
By choice.

It can be something as simple as getting out of bed,
Making something to eat,
Taking a walk,
Calling a friend.

Whatever it is,
It is your choice.

You have the choice
And although it may take a while
To feel it deep inside,
You can choose to start feeling better
Right now.

It's your choice.

ON SUICIDE

It's a tough subject
To talk about,
And even a tougher one
To know personally.

It's true,
However cliché it may sound,
That suicide is a permanent solution
To a temporary problem.

And no matter how permanent
The pain you are feeling now seems,
If you seek help,
And you seek healing,
You will find it.

So, if you're thinking
About ending your life,
Wait,
Oh, please wait.

Seek help
And you will find it.

That is for sure.

You will find help,
Relief and joy
If you only seek it.

VOLUNTEER

Sometimes,
Even when we feel
Like we have absolutely nothing to give,
Not an ounce of strength in our bodies,
Neither a drop of love in our hearts,
Nor a piece of clarity in our minds,
Quite the opposite is often true.

Go and try to give to others,
Whether it's a smile,
A gentle touch,
A hug or something more,
Whether it's an hour of your time,
Working on a food line,
A minute helping someone cross the street,
Or something as simple as
Petting your cat, dog or ferret.

Giving truly does offer
Even more to the giver
Than the receiver.

START NEW TRADITIONS

Every great tradition starts somewhere
With someone
Doing something,
In someplace,
At sometime,
For some reason.

And I can be sure in saying
That the greatest traditions,
The ones that people do
From state to state,
And country to country,
Are those that started
With someone just like you,
Looking to do something
Like enjoying this little moment
Called NOW.

LAUGH

Life is serious enough
Without us taking it
Any more seriously than we have to.

So, give a chuckle a real shot
And laugh, laugh, laugh
With all your might,
From watching a movie,
Reading a joke,
Or just listening to someone funny
Tell you a story.

Laughter IS the best medicine.

Laughter can be your very best friend.

VENT

I've heard before
That depression is anger
Turned inside out.

All I can say,
About any of those things,
Is that there are things inside of you,
That you need to get out.

So do it,
Safely,
And say what you need to say,
Or hit a pillow,
Or shout it out.

As long as you cause no harm
To someone else, or another living being,
Do what you need to do,
Say what you need to say,
In the best way you can figure out,
And just get it out of you.

You may not feel better right away,
But you will soon be on your way!

ACT SILLY

Sometimes, life gets way too serious
And sometimes, we are the ones
Who make it so serious,
Way more serious than it has to be.

There's no doubting
How you feel right now,
How things seem so tough,
And the last thing you might want to do
Is joke around about anything at all.

But let me tell you something,
Joking around
In the midst of despair and suffering
Can be the greatest relief of all.

BE THANKFUL

It can be so difficult,
Especially in the midst of hurting,
In the midst of pain and suffering,
To be thankful for anything at all.

In fact, it may seem more appropriate
To curse and wallow in the darkness of it all.

But let me tell you,
There is thanks to be given,
Still things to be grateful for,
And by searching,
You will find things,
Even one thing
To be thankful for.

And you may be surprised,
That it may even be the chaos
You are going through,
That you may give thanks for tomorrow,
Or as this day comes to a close,
Or a year from now.

EAT BREAKFAST

Yes, yes, no matter how silly
It may seem,
No matter how many times you've
Heard it and laughed or even ignored it,
It's actually true,
That breakfast
Is the most important meal of the day.

And especially now,
When times are as tough as they are,
Take a few moments
And eat something healthy
Before you begin your day,
Even if you think you don't need it.

Trust me,
It'll help you feel better.

And while you may not notice it today,
Or tomorrow
Or the next day,
Breakfast will give your brain a little extra
That it so desperately needs
As it works to heal and get you better
Once again.

YOU AND YOUR BED

There may be many days
When you don't have the energy,
The desire or the motivation
To get out of bed
Once you wake up.

But on the days that you do
Have the will you need
To get out of bed,
On the days
That you have what it takes,
Give yourself
That little extra nudge
That you may need
To get your body vertical
And some air deep, deep
Into your wonderful body!

SLEEP

No matter how young or how old
We are,
We all need to sleep.

And we all have different sleep patterns –
Some people go to bed late and get up late,
Some people go to bed early and get up early,
Some people just sleep when they get tired.

Any way you look at it,
Getting sleep is so very important –
Our bodies and our minds need it.

And while we are recovering,
From anxiety, depression or manic-depression,
It is even more important,
To get sleep,
And to get enough,
And to have it be regular.

Getting a good night's sleep –
You'll be amazed at what a wonder it is.

GET A PET

There is nothing in the world
Like the company of a pet,
A loving animal
Who shares unconditional love
With you,
And asks only to be fed, sheltered
And loved in return.

So, even if you feel
Like you have nothing to offer,
Even if you feel
Like you couldn't take care of anyone or anything,
You may want to consider getting a pet
To take care of,
Because your pet might just end up
Taking care of you
In return.

RECORD YOUR WELLNESS

Each day during your healing,
You achieve new levels of wellness.

They may be Physical,
Mental,
Emotional,
Spiritual,
Or a little bit of each.

But for sure,
You are making improvements,
You are getting well,
And to help you see that,
Make a list,
Whether once a week
Once a month,
Or even every day,
Of little strides you are making,
Of your little steps toward healing.

And use each step
To guide you to the next.

INTERNET CHAT

In this day and age,
With the Internet as the biggest tool
Of communication,
There are so many possibilities to talk
And be heard and to listen
When someone else needs to talk –
So many opportunities
To share what's happening in your life
And listen while another does the same.

You'll be pleasantly surprised at how wonderful it is
To know that you are not alone,
You are not alone in this world
Or in how you feel.

And someone you reach out to communicate with
Might be just whom you need to talk with,
Type-chat with or email up and back.

Give it a shot.

You'll be glad you did.

THROW YOUR OWN PARTY

Who better to throw a party for you,
 Than you,
 With presents, and music
And yes, even a cake with candles and sparklers.

We all deserve a great cake,
 Every once in a while,
 And it doesn't have to be
 Your birthday,
 Or anniversary
 Or any such thing.

You can have a party,
 And a great one at that,
Just for making it to today!

GROUNDING

Oh, how wonderful and grounding
The Earth can be,
When you lie down upon it,
When you find yourself,
With your stomach down to it,
Or your back
Or any side, pick a side,
Whether right or left.

Oh, how grounding and centering
And peaceful,
The Earth can be,
If you only will bring yourself
As close as you can get,
And soak up all the healing
And love it has to offer you.

Who knows?
It may even be grateful that you laid down
Upon the Earth –
Maybe it, too, needs some healing.

PLAY A GAME

Don't grow up too quickly
And forget all the wonderful games
That children play,
And all the joy they find in those games.

It could be a board game
Or a card game
Or kick ball or tag –
It could be other types of games, too.

What game it is, is up to you,
And how you play is also up to you.

So if you're feeling down or blue
Just play a game,
And when you think of this book,
You'll be glad you knew
Just how to lift your spirits!

SEND YOURSELF A CARD

Sometimes, when we're down or out of sorts,
We feel unloved and alone
And think no one cares,
We may get no phone calls or email
Or letters in our mailbox,
So just as a little reminder
That you are loved,
Just as you are,
Without doing a thing at all.

Think of the kind of card you might get
For your dearest friend
If he or she were feeling down,
And then get that card for yourself,
Write the note you would have written
To that friend,
To yourself instead,
Lick a stamp and stick it on,
And drop it in the mail.

When you get it some days later,
It'll make your day,
Because you'll know someone cares
About you,
And that person is the most important of all,
It's you!

CONGRATULATE YOURSELF

Yes, congratulate yourself,
Pat yourself on the back,
Tell yourself you're a great person
Who can bring great things,
Into your life.

Congratulate yourself.

It doesn't have to be something you've done,
It can be just for being who you are,
Because we are human BEINGS
Not human DOINGS,
So, go ahead and
Give it a shot!

Congratulate yourself!

LEARN SOMETHING NEW

There are so many wonderful things
To learn in life,
From poetry, to stories and jokes
To building a house,
To cooking Indian food,
To playing a new game.

So, take some time
To learn something new
And you'll soon find out
It will enrich your life
In ways you can barely now imagine.

LET SOMEONE KNOW YOU CARE

Sharing your kindness,
Your compassion
And your love
With someone is a most special gift,
For both you and others
Who are blessed by your caring.

So, for you and them and the whole world,
Let someone know you care –
Whether by a kind word, a simple note
Or a little flower
Picked from the simplest of fields.

The love you share will fill you,
And them
And the whole world.

PLANT A TREE OR A GARDEN

Getting your hands into the Earth
Is such a wonderful thing.

Whether a little potted plant,
A garden of flowers and vegetables,
Or a tree to grow tall
Into the sky all around us,

You will be blessed and healed
By any of those simple acts.

ROLL IN THE GRASS

How simple is a roll in the grass?

Find a patch of grass,
Lie down
And start rolling around
Just like a child would,
Not caring what anyone thinks,
Or what anyone would say,
But just do it.

Do it for you,
For fun,
And for nothing else whatsoever.

SEEK COUNSELING

Everyone,
At some point
In their lives,
Could benefit
From speaking with someone –
And even from listening
To the reflection or advice
That may be offered in return.

SMELL THE FLOWERS

Yes,
You've heard it before,
And you'll surely
Hear it again.

But before long,
All I can say
Is DO IT.

Stop once
To smell a flower,
To take its gentle petals
Into your hands
And breathe in it's succulence.

Don't rush it,
But let it slowly enter you,
Fill you,
And bring you peaceful feelings.

READ THIS BOOK

This book was written
For me
And you
And everyone.

So if times are tough,
All you have to do
Is page through this book,
And while you may not find
All the answers you need,
You are sure
To find at least one idea
To ease your pain
And bring joy and peacefulness
Into your life.

LET GO

To get over something,
All experiences,
We have to go through it –
Feel it
And know that
In some way,
There was a reason
Behind it all,
A purpose of sorts
That may not be able
To be understood today.

So, once you go through this,
The pain that is yours today,
Learn from it,
Get beyond it,
Say goodbye to it
And let it go.

EMBRACE YOURSELF

Wrap your arms
Around yourself
And tell yourself
You love yourself.

And squeeze, squeeze, squeeze
Until you can squeeze no longer,
And know that you are loved
And cherished
And valued
Just because you are you!

MAKE THINGS CLOSE

Sometimes,
When we are feeling low,
We don't have much energy
To look for anything at all,
Even things we may need.

Like a TV, medicine and food.

So, during this time,
Make things close to you,
On a little table next to you,
Or even on your bed,
So if you need them,
They are right there
Next to you.

SHOWER AND BATHE

It's so true
That if we take a shower
Or a bath,
Or even BOTH,
And scrub ourselves,
Shave if we want to shave,
And even scrub behind our ears,
Washing ourselves from head to toe,
And then drip-drying,
Towel-drying,
Or a little of both,
We'll feel better.

And a little better is better
Than not better at all,
Don't you think?

READ POSITIVE STATISTICS

There are millions of people
Who have been
Successfully treated
From anxiety,
Depression
And manic-depression
Through many different methods.

So, seek out those stories
Of healing and wellness
And know that you, too,
Can be a story of success and health,
And be a *good* statistic.

You can do it!

ONE THING DAILY

It's possible,
I want you to know,
Even while you're feeling out of sorts,
To do one good deed daily.

One good thing,
For yourself,
A friend,
Or even a perfect stranger.

In doing so,
You'll find rewards and richness
Beyond your wildest dreams.

Yes, it may take a while
To feel such feelings
And know such riches,
But just know
That in giving
To yourself or another,
That you
Will receive gifts
A million-fold in return.

CREATE SOME ART

It could be as simple
As sketching with a lead pencil,
Drawing a flower with some chalk,
Splashing paint or ink
On a sheet of paper
In a way
That allows you to
Express who you are,
And share your emotions,
And your thoughts.

One thing is for sure,
However you decide to do it,
Getting art out of inside you
And onto a canvas,
Any canvas,
Is sure to help you
By clearing out
And letting flow
What's inside you.

ESSENTIAL OILS

There are some amazing oils,
Sweet, strong, soft and gentle,
Depending on which one you choose,
That can help your moods
In the most spectacular ways,
And also help you feel better
By the simple act of smelling them,
Putting them on your body,
Or burning them in a special container
Made just for such oils.

So, next time you're
At the local health food store,
Talk with someone who knows
About such oils
And find a bottle that's just for you.

It may be a single oil,
Or a special blend made just for you.

GIVE YOURSELF CREDIT

You may not see it right now,
But you *are* getting better,
Through the simple act
Of reading this book
And trying some of these suggestions.

You *are* getting better
And you *are* making progress.

So stop,
Just for a moment.

And give yourself credit!

You've come a long way!

INDULGE YOURSELF

There are so many wonderful ways
To indulge yourself,
To treat yourself to something special,
And it doesn't have to be a holiday
Or a birthday or an anniversary to do it,
And it doesn't have to be
For any reason at all.

You could lay on the beach
All night long,
Stare at the beautiful stars above
Until the sun comes up,
Take a hot bath
With candles all around,
And play your favorite music.

Anyway you do it,
You are allowed to indulge sometimes,
So don't hold back,
Just do it for you and you alone!

GO FOR A WALK

There is little as wonderful
And simple
As going for a stroll,
Getting off the sofa,
The chair,
Or the floor,
And getting out into the world.

There is so much to be enjoyed,
To be experienced,
And to be shared in.

And if you can't walk,
If you're in a wheelchair
Or have other reasons why not,
Just do the best you can,
With what you have.

GO DANCING

Dancing is fun, fun, fun!!!

Whether Salsa or Rock-n-Roll,
Whether techno or jazz or ballroom,
There are so many different kinds
That you can enjoy.

So many different ways
To shake and move and groove,
So, when you're feeling down and blue,
Get out,
Get on the dance floor
Whether alone or with someone else,
And dance, dance, dance
All the night long!

ABOUT THE NEGATIVITY

In any situation,
There are bound to be people
Who will say
You can't make it,
You're not worth it,
Or you're hopeless and helpless
And other negative things.

Whoever they are,
Whatever they say,
Whenever or wherever they say it,
Do your best to ignore them
And stay away from them.

And instead
Keep the faith –
That you can
And you will
Get through this.

And know that their negativity
Is not at all important
To the person who counts the most,
The most important person of all –
YOU!!!

ON CRYING

There's nothing wrong with crying.

Everyone cries,
At sometime or another,
For some reason or another.

And when we are suffering
From anxiety, depression or manic-depression,
Life can be especially hard,
Harder than it is possible to explain
To someone else.

We may lose things,
Or forget things,
Or even lose touch
With friends and other loved ones.

So, if you're feeling pain,
Or you have experienced a loss,
Or even if you just feel like letting it out,
Go ahead and cry.

There's nothing to be ashamed of.

Everyone cries.

ON TRYING

No matter
What you are doing
To work your way
Into health and healing
Once again,
Try, try, try
With all your might,
And do what you do
With gusto!

You can get through this.

You can, you can, you can!

EDUCATE YOURSELF

Thankfully,
We're no longer in the 1800's
And neither one of us
Is Lord Byron or Mary Shelly,
Two folks who traveled
The road of mania, depression and anxiety
With little relief.

In this age,
We have information,
Medication,
And doctors
And therapists
To help us through this.

Learn all you can about it –
Millions have been successfully treated –
You can be, too!

Some Helpful Books

Win The Battle by Bob Olson with Melissa Olson;
Chandler House Press, 1999

- "If winning your battle with depression (unipolar disorder) or manic-depression (bipolar disorder) is your goal, then this book is your treasure map for achieving that goal." - from the back cover

Detour: My Bipolar Trip in 3-D by Lizzie Simon; Pocket Star, 2002

- "Lizzie Simon writes movingly about her struggles with bipolar illness. This book should receive plenty of attention, since more and more children and teens are being diagnosed with the condition and yet there are relatively few good first person accounts out there. Her fresh, larger-than-life prose will appeal to all readers, especially younger people suffering with this difficult mental illness." - from Library Journal

Moodswing by Ronald R. Fieve, M.D.; Bantam Books, 1975

- "The eminent psychiatrist who pioneered the use of lithium in America reveals a revolutionary new way to prevent depression." - from the front cover

The Healing Power of Humor by Allen Klein; Jeremy P. Tarcher/Putnam, 1989

- "A must gift for anyone in the hospital, sick bed, or just feeling blue." - from the front cover

You Can Heal Your Life by Louise Hay; Hay House, 1999

- A wonderful book that powerfully ties together the mind, body, heart and soul.

Too Perfect by Allan E. Mallinger, M.D. and Jeannette DeWyze; Fawcett Columbine, 1992

- "In Too Perfect, Dr. Allan Mallinger draws on twenty years of research and observations from his private practice to show how perfectionism saps energy, complicate even the simplest decisions, and take the enjoyment out of life. Too perfect offers...practical strategies to help overcome obsessiveness and reclaim our right to happiness." - from the back cover

An Unquiet Mind by Kay Redfield Jamison, Random House, 1997

- Professor of Psychiatry at the Johns Hopkins School of Medicine and coauthor of the standard medical text, Dr. Kay Redfield Jamison is one of the foremost authorities on manic- depressive illness. She has also experienced it firsthand. - from the back cover.

Free From Fears by Ann Seagrave and Faison Covington; Poseidon Press, 1987

- "If you ever suffer from panic attacks, anxiety attacks, or agoraphobia, here is a step-by-step recover program that really works. Designed by recovered agoraphobics, this book presents a real breakthrough both in understanding the condition and in helping to overcome it." - from the back cover

Wherever You Go There You Are by Jon Kabat-Zinn; Hyperion, 1994

- "Want to meet the most interesting, exciting person you will ever know? Let Jon Kabat-Zinn introduce you to YOU. Nowhere else in the literature of meditation can you find so simple and commonsensical a path to yourself." - Norman Lear on the back cover

Authentic Happiness by Martin E.P. Seligman, PhD; Free Press, 2002

- "Authentic Happiness is delightful and richly insightful. Martin Seligman has written a very practical book guiding readers to make positive choices in life."
- Caroline Myss

The Gift of Depression compiled by John F. Brown;
Inspire Hope Publishing, 2001

- "Twenty-One inspirational stories sharing experience, strength and hope. Together we will end the stigma." - from the front cover

Tuesdays With Morrie by Mitch Albom; Doubleday,
1997

- "This true story about the love between a spiritual mentor and his pupil has soared to the bestseller list for many reasons. For starters: it reminds us of the affection and gratitude that many of us still feel for the significant mentors of our past." - Gail Hudson on Amazon.com

Some Helpful Organizations

National Institute of Mental Health
Office of Communications and Public Liason
Information Resources and Inquiries Branch
6001 Executive Blvd., Room 8184
MSC 9663
Bethesda, MD 20892-9663
(301) 443-4513 Phone
(301) 443-4279 Fax
Fax Back System - Mental Health
FAX4U: (301) 443-5158
Email: nimhinfo@nih.gov
Web site: www.nimh.nih.gov

Child & Adolescent Bipolar Foundation
1187 Willmette Ave., PMB No. 331
Willmette, IL 60091
(847) 256-8525 Phone
Web site: www.pbkids.org

Depression and Related Affective Disorders Association
John Hopkins Hospital, Meyer 3-181
600 N. Wolfe St.
Baltimore, MD 21287-7381
(410) 955-4647 or (202) 955-5800 Phones
Email: drada@jhmi.edu
Web site: www.med.jhu.edu/drada

National Alliance for the Mentally Ill
Colonial Place Three
2107 Wilson Blvd., Third Floor
Arlington, VA 22201
(800) 950-6264 Toll Free Number
www.nami.org

Depression and Bipolar Support Alliance
730 N. Franklin St., Suite 501
Chicago, IL 60610
(800) 826-3632 Toll Free Number
(312) 642-0049 Phone
(312) 642-7243 Fax
www.ndmda.org

National Foundation for Depressive Illness
P.O. Box 2257
New York, NY 10116
(800) 239-1265 Toll Free Number
www.depression.org

National Mental Health Association
2001 N. Beauregard St., 12th Floor
Alexandria, VA 22314
(800) 969-6642 Toll Free Number
(703) 684-7722 Phone
(703) 684-5968 Fax
Email: infoctr@nmha.org
Web site: www.nmha.org

National Disorders Association of America (ADAA)
6000 Executive Boulevard
Rockville, MD 20852
(301) 231-9350 Phone
(301) 231-7392 Fax
www.adaa.org

National Anxiety Foundation
3135 Custer Drive
Lexington, KY 40517-4001
(606) 272-7166 Phone
www.lexington-on-line.com/naf.html