

# The Habits of Anxiety and Depression



Kay Newton

# The Habits of Anxiety and Depression

I want to talk about Stress and Anxiety and in doing so I can feel my heart pounding, why?

Because what I am about to say, for some is controversial and creates anger.

**First**, let me say that the words here are my thoughts and my thoughts alone, and do not have to be acted upon or used by you the reader or any other person. It is written in the manner of an open discussion to create the possibility of understanding and creating change.

It is estimated that 1 in 6 has suffered from Anxiety and Depression worldwide. In the UK alone, women are twice as likely as men to be anxious. I think these statistics are totally wrong. My view is that 100% of the world's population has suffered from some level of Anxiety or Depression at some time in their life.

**Secondly**, I am not a trained medical professional, yet I have been working as a personal development coach for the past 15 years. More and more women who come to me for help, are suffering some type/level of anxiety or depression (or both). Some I can work with and have amazing results, others I send to a clinical psychologist who often than not, put them on medication. This constant increase in people needing medication is alarming. What I am about to say are common sense observations on life, the way I see it (please refer to number 1).

**Thirdly**, I also need to point out that I am not saying all Anxiety and Depressions are the same and that the 'habits' below are responsible for all cases. Some people do have a mental illness which will need medical supervision. This is not meant to be understated, it is just not part of this post.

## What is Anxiety?

Anxiety is a fear associated with the thought of a threat of something going wrong in the future, a feeling of worry, nervousness, or unease about something that has an uncertain outcome.

## What is Depression?

While we all from time to time, depression is an experience of the intense feeling of being sad, moody or low, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. It is a condition that can affect physical and mental health, characterised by feelings of severe despondency and dejection, typically also with feelings of inadequacy and guilt, often accompanied by lack of energy and disturbance of appetite and sleep.

## What is causing this sharp rise?

# Anxiety and Depression

We are holistic beings (mental and physical) and in order to look at the whole picture, to understand what is going on in a person's life, it is important to look at everything and not just one aspect. Consulting with clients, for me, means taking time to ask about their health, their environment, relationships, mindset and a myriad of other nuances which can help build a picture of their self. This takes time and patience, a willingness on both sides to explore the possibilities and to make step-by-step changes to habits over a period of time, in order to evolve.

Habits are 'a settled or regular tendency or practice, especially one that is hard to give up'. We all have them. Often without help, we cannot see the wood for the trees. The Modern world has habits which I feel create Anxiety and Depression, these are 'The System of Modern Medicine, Modern Lifestyle and Modern Mindset'.

## The Habit Of Modern Medicine

Unfortunately, the modern medical profession is under so much strain (in the UK alone a local general practitioner has just 10-minutes per client consultation) there is no time for them to get to the root cause of a problem.

In modern society, everyone wants a quick fix. It is much easier to pop a pill and carry on as usual instead of making the effort to change, in fact, we demand it. (Ironically I co-authored a series of books entitled 'The Quick Fix For...'). Modern methods of medication are such that we anticipate going to see a doctor and being given a prescription to cure all ills, we demand a 'quick fix' for everything and will not leave the surgery without that fix.

The doctor, not only under time restraints, also has the fear of being sued for malpractice. There seems to be an unwritten policy of 'better off giving something than nothing'.

When a medic does not have time to inquire about lifestyle choices that a patient makes, he cannot fill in all the necessary data for the correct diagnosis. This system means that the only real winners from the whole experience are the pharmaceutical industry. Every time you take a pill, they hear the kerching sound in their pockets.

Modern medicine has many side effects, some of these can be more serious than the illness they treat, causing the body/mind to become even more unbalanced and the vicious downward cycle continues. Clients wonder why their life does not improve, in fact as the years go by they increase their dosage of medications and the spiral downward continues.

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## The Habit Of Modern Lifestyle

For me, lifestyle habits are probably the major factor in combating Anxiety and Depression. We seem to have lost control of our own mind and body, we fail to understand the consequences or the actions we take and how they cause harm. Here are a few examples...

- Lack of a natural 'human' diet
- Not taking sufficient daily exercise
- Lack of sleep
- Succumbing to peer/society pressure
- Too much clutter/consumerism, failing to live a simple life
- Environmental pollution, in and out of the home
- Self-medication with alcohol and drugs (over the counter or illegal)
- Failing to connect to nature, and getting enough sunlight (we are still part of mother nature, yet we have forgotten)
- Having no passion or purpose in life
- Living alone, not being part of a meaningful community
- Making no effort/laziness, wanting everything yesterday
- Media - listening to negative news
- Hormonal/chemical imbalances. For example postpartum, menopause.
- The lack of certain vitamins/minerals due to dietary constraints.
- Fears (fantasised experiences appearing real). For example fear of death due to not being exposed to death throughout life (which is also a socially taboo subject)
- Not living in the present, always consumed by the past and/or worrying about the future.
- Failing to take time out to control the mind and practice some type of mindfulness
- Too much stress, or not harnessing stress correctly
- Feeling victimised

Each habit needs to be broken in order to allow people to get back to basics and simplicity.

## The Habit Of Modern Mindset

The mind is an amazing tool, yet because we cannot take it out of its casing, admire it, and see it in action, therefore, we tend to ignore it, yet it is responsible for creating our reality. The meanings we give to life begin from the inside, not the other way round. Thoughts, lead to feelings, which lead to actions - always. In order to change your world, you have to change your thoughts. You create your reality.

Everyone is made for success. Today we have the belief that it is not possible, not obtainable, yet this is a false understanding. All that is needed is a goal (actual or potential) and the faith to work towards it. The modern world seems to have lost the ability to trust that you can visualise the life you want to live, regardless of what life throws at you. This is not the same as controlling life which is impossible and will in turn create more angst. You just cannot control life, yours or others, when you attempt to control you no are longer living life.

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There is a serious lack of understanding of the self, a lack of self-trust which in turn leads to insecurity. We have a habit of not being authentic, covering up emotions or feelings because of social stigmas. Not being authentic in turn leads to illness both mental and physical.

The habit of wanting a quick fix for everything instead of being prepared to put in the graft, for example, preferring to stay ill in order to keep the false self- worth that comes with it.

There is also a habit of lack of understanding the use of motivation. Think of it as pushing a heavy object up a hill first you have to push against a dead weight, it takes stamina and effort to get it moving just a few inches, then you have to exert constant pressure to keep it moving uphill. Once at the top life gets easier. Without a millimetre of daily effort and motivation in the right direction, nothing changes yet that is all you need, small tiny step-by-step actions rather than 'wanting it yesterday'.

Not understanding that being human means that from birth we will ALL have life experiences which may or may not become life baggage. We all have an element of anxiety and depression in our lives, it is how you accept and deal with those thoughts, when they appear, which will affect the outcome. It easier to cope with thoughts when you are at an optimal level.

## Break the habits - 7 SIMPLE SUSTAINABLE SUCCESS HABITS

Knowledge, patience, discipline and humour are the keys to a healthy life. Ditching blame, judgement and criticism and working only on ourselves is the way to changing the world.

Here are 7 simple strategies for success. Listen and see which one resonates with you and start there. Never change everything at once, when you do it can be overwhelming and difficult to work out what triggers what, if at all.

1. If it's not working - stop it! Anything making you miserable needs to be changed. No excuses. Life is like a heartbeat. Stop expecting every day to be great. It is meant to be lived with up and downs as on the heartbeat monitor. If you are flat lined you are dead. Simple daily actions, step by step, breath by breath will get you there. It is not complicated if you know how, just don't give up, nor expect change yesterday.

2. Seriously think about... Eating well - Fresh fruit, veg, grass-fed red meat, natural fish. Avoiding refined carbohydrates, wheat, sugar and ALL processed food. Remember Good Food = Good Mood! Avoiding toxic household and personal care products. Going to a holistic doctor for a thorough medical check-up, to make sure your body is functioning optimally (particularly ask for tests on your gut bio and tests irradiate possible body inflammation). Use the medical profession for emergencies only - take modern medicine as little as possible, seek help in times serious need (surprisingly many doctors do this too!)

3. Live within your means - Declutter, downsize, stop mindless consuming.

4. Sleep well and Exercise for at least 30 mins per day, including a daily connection to nature.

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5. Do something unusual to break your habits, it doesn't have to be complicated, something simple such as find a new hobby, eat meat if you have been a vegetarian, dance to a genre of music you never usually listen to, go for a long walk somewhere you have never been before. The list is endless.

6. Mindest... Ditch mental baggage. Stop listening to negativity. Adopt an air of gratitude for everything in life. Quieten the mind with the '0-Thing' space. a 15-minute daily switch off. Keep a journal. Visualise the life you want to lead - Trust in the process. Live your life from the inside out, not the other way round. Understand that the lack of self-trust and insecurity can be unlearned - It takes patience and time. Embrace your issues and problems rather than run away from them. It is always your choice.

7. Last but not least - Get help, get motivated, no person is an island.

Don't miss out on life, don't let the modern habits creating anxiety and depression stop you.

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