

How to break out of depression

Posted by wilnevergiveup - 26 Nov 2020 14:40

Hi everyone, I am looking for advice, tips and ideas for breaking out of depression cycles.

I know what I need to do to be productive and happy but can't find the motivation to do so when I am feeling down. Therefore, I am not looking for reasons to be happy, rather things that will make me happy so that I can then move on to accomplishing what I need to accomplish.

Any ideas on how to be happy?

P.S. I am pretty sure the root of my issue is failure and fear of failure. I tend to feel unworthy when I fail a particular goal and that often spirals out of control. I then find myself really struggling with self worth.

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Re: How to break out of depression

Posted by OivedElokim - 29 Nov 2020 20:40

Sounds like a good plan.

In my experience, the main way to breaking out of the cycle is to try to live more in the world and less in your head. At the end of the day have one accomplishment to show for it. Try to interact with people as much as possible...

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Re: How to break out of depression

Posted by jack123 - 02 Dec 2020 11:48

i hope im too late, as in that youre on a 'up', but ill give my two cents. [especially since you directed me here]

i find that my situation is very similar to yours but different. meaning, that the whole goals,

motivation, giving up thing is exactly the same process by me. however i noticed 2 differences, firstly the depression, i dont feel good about myself when im in a rut but not to the point of depression. secondly i dont suffer from lack of self worth [well more than standard].

my point being that i think these 2 things are intertwined and ultimately the reason for unhappiness.

the main reason for unhappiness is known to be 'expectations' meaning that when you expect something it doesnt excite you, and if things fall below expectations they cause sadness. think of a planned 5 star vacation which turns out to be a dump. this applies to your situation as well because when you make goal you make expectations, when you fail you naturally should have some sadness. but this is where the self worth kicks in, since the failure breeds lack of self worth that magnifies the gap between expectation [i.e. top guy] to self perspective [i.e. rotten guy] through a low self worth lens.

so maybe the picture needs to be turned over, maybe if you worked on your self worth it would minimise the bouts of depression after a failure.

i hope im not boring you.....

all the best

jack

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Re: How to break out of depression

Posted by wilnevergiveup - 02 Dec 2020 12:58

[jack123 wrote on 02 Dec 2020 11:48:](#)

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jack

You are right about everything including the end that working on self worth is a game breaker. I know this because I have come a long way in this area but I still go through rough patches. This thread wasn't meant to focus on improving self worth in general, rather to focus on how to break out when the rough patches comes along.

What I mean is, how do I motivate myself when I am feeling down in order to prevent it from spiraling out of control.

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Re: How to break out of depression

Posted by jack123 - 02 Dec 2020 18:23

well in that case i'm the same prisoner as you and can only empathize with you. and thats why you referred me here from my thread.

if you get a great idea pls share with me [even if you dont post here]

thanks

jack

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Re: How to break out of depression

Posted by ColinColin - 02 Dec 2020 18:29

I noticed that some people with depression are people who put pressure on themselves, that everything they do has to be great and productive.

I think it gets too much.

Sometimes just do something that is enjoyable and relaxing for it's own sake.

Of course, this has to be within "Kosher" rules, but if one is pressured and depressed it can lead to sin.

So better to be happy and avoid sin.

I know I am much less likely to fall when I feel happy and feel good about myself.

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Re: How to break out of depression

Posted by wilnevergiveup - 02 Dec 2020 20:10

[ColinColin wrote on 02 Dec 2020 18:29:](#)

I noticed that some people with depression are people who put pressure on themselves, that everything they do has to be great and productive.

I think it gets too much.

Sometimes just do something that is enjoyable and relaxing for it's own sake.

Yeah, I am realizing this too.

What I am finding difficult is figuring out what is not "putting too much pressure" but not settling. Meaning if I don't push myself a little I am not growing either.

For now I am working on taking it one step at a time, when the goals I set seem to not be a challenge anymore, I am adding to it but just a little, just the next step. No skipping steps here, that's where all the tripping and falling happens.

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Re: How to break out of depression
Posted by wilnevergiveup - 02 Mar 2021 10:04

It's back... I am realizing that there is really no permanent fix. Happens often after Purim, just feeling no energy or excitement to get anything done.

Gotta keep pushing, even when it's tough.

I hope I can utilize the lessons I learned last time.

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