

DEPRESSION



&

The Knight Method



How Can The Knight Method Of Transformation Help Depression?

Depression is a huge issue and it is on the rise. Apparently one-in-5 teenagers experience it and it is now the leading cause of disability in teenagers.

These are some statistics from New Zealand.



Do you know that depression is often unconsciously depressing emotions, rather than depression being an emotion by itself, it's actually more a symptom.

So here's what you can do if you're feeling depressed and have that horrible feeling that I personally know well because I had clinical depression and I was hospitalized with depression and I had it for many years.

I know this illness well!

Here are 5 tips to help get through depression.



Tip Number One

Ask yourself:

What emotions might I be depressing? How am I actually feeling right now?

Go underneath the depression to find what emotion is underneath.



Tip Number Two

Here are some of the most common emotions which we tend to depress.

Anger - Rage

Sadness - Grief

Hurt

Disappointment

These are some of the most common emotions that I have found underneath depression.

So you might want to ask yourself am I feeling any of these emotions?



Tip Number Three

Give yourself permission to feel your feelings.

Acknowledge

Accept

Clear

We need to acknowledge how we are feeling. We need to accept without any judgment how we are feeling.

Then need to learn how to clear those feelings. You will be amazed at how your depression can lift when you do that.



Tip Number Four

Close your eyes and tell yourself once you've identified the feeling, that this feeling is welcome.

Say out loud, I welcome this feeling. Put your attention into your body where you feel that emotion.

Observe it, except it, acknowledge it without any judgment and start to watch it disappear.



Tip Number Five

The attitude of gratitude. If you're feeling really bad just find something that you can be grateful for in your life because when we feel gratitude it literally changes your body chemistry and depression is all about chemistry.



These tips may seem simple but give them a go, they are very effective!



**This Ebook is a collaboration between Kim Knight,
Founder of The Knight Method at Kim Knight Health
& Global Healing Exchange**

