



a guide to
decreasing
depression
& anxiety

Welcome to Well By Danielle.

The intention of this guide is that you will create an “ingredients list” of things to incorporate into your daily life that will combat feelings of depression, anxiety and ambivalence.

You are not alone on this journey.

More than 322M people are being affected by depression and anxiety. Unfortunately, less than 30% seek help. It’s important to know that there is no “one size fits all” as we are all bio-individuals on our own journey, with our own likes and dislikes.

Most importantly though is that, as you spend time finding what really serves you, you will have everything it takes to get through and feel at your best very soon.

Instructions for using this guide:

Whilst there are ideas listed within this document, add your own ideas, your own thoughts and remove that which does not serve you.

In the end, my hope is that you feel fully and completely at ease knowing you are in total control and that you feel hopeful. Always check with your doctor before starting any nutritional supplements.

Anxiety & Depression are happening at the brain level; in many instances there is a chemical imbalance caused by many things including inflammation of the brain. Oftentimes, we also have behaviours and attitudes that also feed into depressive and anxious feelings.

What things are you currently doing that could contribute to low feelings in your day?

What are things (daily practices, medications, supplements, prayer, meditation, work changes) you'd like to add or continue at this time?

What are some things you'd like to exclude for a few weeks as you proactively find your way to healing?

Lack of sleep and rest are major contributors to depression & anxiety.

How would you rate your sleep?

- 1-2 BAD
- 3-4 NEEDS WORK
- 5-6 ACCEPTABLE
- 7-8 ROOM TO IMPROVE
- 9-10 EXCELLENT

Is there any action you want to take to improve sleep?

Do you take breaks during the day to rest? Could you incorporate more times of rest?

- YES
- MAYBE
- NOT POSSIBLE

How would you rate your daily hydration? (A guide for optimal hydration is drinking $\frac{1}{2}$ your body weight in oz of water. (i.e. If you weigh 150lbs, your water intake should be 75oz of water.)

- GOOD NOT GOOD
 OK, NEEDS IMPROVEMENT

Is there anything you want to delegate/ outsource for the next few weeks?

Think of things at home, work, with your children. You may have automatically assumed that you can't ask for help. Stop right there and be honest with yourself about what you may need during this time.

Is there anyone you'd like to ensure you are in constant contact with? These are people who make you feel great when you speak with them.

Is there anyone you'd like to ensure you are not in contact with for a few weeks? These are people who you end each interaction feeling frustrated, low in energy or otherwise negative.

Are there any commitments you have that you'd want to communicate out of? (It's okay to communicate out loud that you aren't able to meet others' expectations for a season).

What are 3 things you'd want to do everyday that you know would lift you EVEN if you don't feel like it? (Can be very simple things).

1.

2.

3.

Do you want to begin therapy? If, yes, what do you hope to achieve in therapy? It's important to find a therapist that you feel strong chemistry with and one who is equipped to help support you through this period.

What would be your "go" point to ask for prescription therapy? How would you feel to make this decision?

If you suddenly felt low or anxious, what would be a “go to” action that you could take?

What
self care “treats”
would you like to do?
When and how often?

What does a manageable work schedule look like for you in this season? How would you be able to communicate to your team, boss or clients?

Is there a service project you'd like to do? Sometimes when we focus on helping others, serotonin, oxytocin and dopamine are increased which can help us feel better.

What else do you think would serve you over the next couple of weeks to feel better? (Allow yourself to be still and have your mind take you deep into these thoughts and feelings)

Foods that Feed Depression & Anxiety:

- Sugar & Artificial Sweeteners- limit pure brown sugar to no more than 2 teaspoons/ day if any at all. Avoid all artificial sweeteners completely- For eg. xylitol, sucralose, aspartame, saccharin.
- Gluten & highly processed wheat
- Natural & Artificial Flavours
- Dairy - Let's just not right now. Dairy products are seen in many studies as an inflammatory food group.
- Processed foods- If you can avoid these fully for a few weeks as much as possible.



Foods & Supplements For Getting Through This Period

(Add to this list, remove anything you don't like and most importantly how will you incorporate into your daily life)

The most important tip for creating your meal plan for healing is eating as close to creation as possible. The fewer steps it takes from the ground to your mouth is the best option.

- Lean high quality protein - Salmon, sardines, eggs, mackerel. If you use a protein powder ensure it is free of artificial sweeteners and flavouring.
- Whole grains - quinoa, brown rice
- Dark Greens- broccoli, pak/bok choi, spinach, kale, callaloo
- Nuts- Brazil nuts, pistachio, walnuts
- Fats- Olives, Avocado, Eggs
- Berries- Blueberries, Raspberries (Vitamin C, High Polyphenols, Inflammation)
- Watermelon, cucumber, ginger, lime, turmeric (Hydration & Inflammation)
- Dark Chocolate- 70% or higher

Natural Supplementation:

There are so many supplements you can take for your overall health. The things below speak specifically to anxiety, depression and energy. Research each of them and see if you think they will work for you.

- 20 mins sunshine (preferably when you wake up)
- 30 mins moderate exercise daily (This can be a gentle walk outside to begin)
- GABA
- Theanine
- Magnesium (research which type of magnesium works best for you)
- Omega 3
- Vitamin D
- B12
- NAC
- Quercetin
- CBD Oil
- Ashwagandha
- Rhodiola
- Holy Basil
- Chamomile
- Microdosing psilocybin (it is important to check that this is legal within your jurisdiction). Resource: Change Your Mind, Michael Pollan, Netflix

*Danielle really loves the brands Thorne and Pure Encapsulated. Always ensure you buy high quality supplements that have been third party tested and are free from heavy metals. PLEASE check with your medical team to ensure these supplements are good for you.

EXERCISE:

Yoga, Stretching, Deep Breathing, walking for 30 minutes per day, dancing for 15-30 mins a day.

Resource: Nike Training App/ All Levels)

*HIIT or very intense exercise can actually work against you during this anxious and depressed season. Gentle movement consistently is proven scientifically to aid your healing.

BREATHING TOOL:

Twice to three times per day you can practice 4-7-8 breathing. Breathe In for 4, hold for 7, breathe out for 8 seconds. Repeat x 4. This is also an amazing tool to use at the onset of or during an anxiety attack. (Resource: Dr. Andrew Weil)

HEALTH CIRCLE:

The most important thing you can do is identify a health circle. This can include your doctors, your therapist, your nutritionist, personal trainer, friends & family and a health coach. Most importantly, don't suffer alone because you are not alone.

What actions would you like to take next having worked through this guide?

notes



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About Danielle Terrelonge
Danielle Terrelonge is a trained Life Coach and marketing communications professional. As a formally trained coach from the IPEC Institute, Danielle focuses on her clients' wellness- mind, body & spirit under her coaching brand Well By Danielle. She works with clients, individually and in the corporate space, to create mindset change and sustainable habits that support overall wellness and other health goals.

Danielle lives her life with the hopes of daily impacting anyone (literally her daily prayer) who she may come in contact with whether as an entrepreneur, a coach, a CEO or through sharing her experiences.

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Disclaimer: The intention of this document is to guide and provide a resource for a holistic approach to depression, anxiety and low energy. It is not intended to be medical advice. Everything within this document should always be discussed with a medical professional.