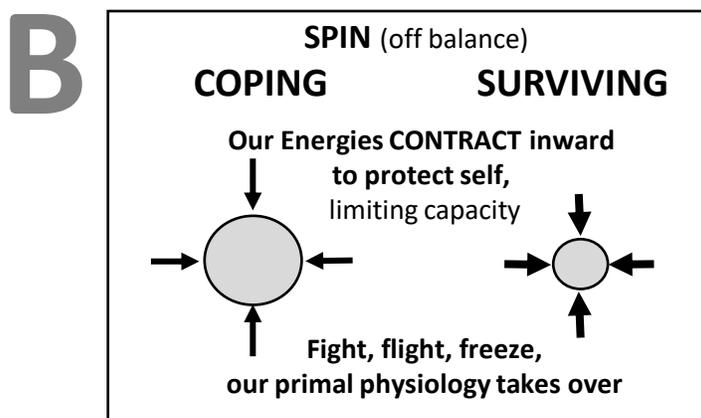




This visual model animates the three mindsets and looks at the impact different kinds of pressures has on them. It is absolutely natural for us to shift from A to B and back again many times in any day. Sometimes we get stuck in B, so we need to become aware of why we are stuck, and how we can return to A. Looking at what internal and external pressures we are experiencing is a good place to start.

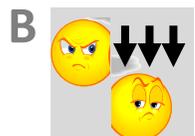
Three mindsets animated in simple terms - Inspiration, Coping and Surviving



**PRESSURE is the root word**

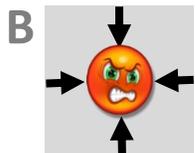
**Looking at the impact of pressure**

Here we look at things from the point of view of **internal** and **external pressure** and how they impact our **mindset** directly. This animates the different **kinds of pressure** which we may experience and find ourselves describing as **depression** because each impacts us in ways that makes us feel **overwhelmed** and **powerless**.



**Oppression**

We experience **feeling oppressed** when we feel **bullied, powerless** and there is pressure being asserted **downward** on us, from authority, or the like, feeling **devalued**. As we often feel we have no voice, we store this pressure internally.



**Compression**

We experience **compression** when pressure is coming at us from **many directions**. **Timeline** pressure or **others needing** a lot from us, are two common ways to feel compression, a sense of urgency, overwhelm and resentment because it feels unfair.



**Suppression**

We can **suppress our feelings** when we have to deal with a **crisis**. It is important to **return to the heart** to **process** our **emotions** or the pressure will remain trapped internally.



**Repression**

We experience **repression** when we have locked away our feelings of trauma, loss, fear, etc. We can be **influenced** by this **internal pressure** but **cannot intellectually identify** it because it is in our subconscious or has not been acknowledged at the emotional level.



\*\*\*My definition of depression here is psychological, not medical. Depression has a chemical component which can be diagnosed and treated by a doctor.

**Depression** can result from **prolonged experience** of any or all of the above **pressures**. Any of these pressures can be **overwhelming**. We are **energy beings** so we are **impacted more than we think** by **energies inside** and **outside** of us.

**Depression** is experienced physically, intellectually, emotionally and spiritually. When we shift to **survival mode**, our resources in all these areas are diminished while the **spin's reaction** of fight, flight and freeze **dominates**. **We can influence our experience by coming back to balance**.

**Depression** can be considered in many ways:

Your **doctor** will consider it from a **chemical imbalance** point of view, your **family** may consider it from what your **behaviour** looks like, your **counsellor** will look at it from a **psychological** point of view, and **you** will likely view it from how you **feel**.

All of these aspects are important to consider. They all impact each other and can shine a light on what is the **root cause**.

You can experience depression as:

- powerlessness
- sadness
- frustration
- exhaustion
- fear and anxious
- confusion
- being easily overwhelmed
- easily aggravated
- anger
- frustration
- lack of motivation, etc.



...like a dark cloud has moved in and won't leave.

\*\*\*I recommend you see your doctor if you are concerned you are experiencing depression. A medical doctor has expert knowledge about what other medical explanations may be contributing. It is always worth while considering what Physical, Intellectual, Emotional and Spiritual ways you are being impacted. You may see that there are different solutions to address these as separate needs. For example, connecting to nature in your backyard may create peace, calm and grounded energy, which is A energy. You may find this strategy creates a positive cascade at all levels, P.I.E.S.

### COMING BACK TO INSPIRATION

The **KEY** to getting your balance back is to keep your **FEAR FACTOR LOW**. Remember that...

- It is **understandable** to feel **overwhelmed** by life at times.
- It is **natural** to shift from **Inspiration** to **Coping** and **Surviving** spins and back again.
- There is a way back to **Inspiration**

Saying "Just let it go." can feel patronizing, minimizing the complexity of anyone's struggle. Here we are talking about shifting to a more resourceful mindset in order to release pressure energy that is amplifying our experience. From expanded resources of Inspiration mindset we can take an emotional step back to see what needs to be resolved internally and externally.

### Two strategies to get back to A – INSPIRATION MINDSET

**1) Decompression** - Take an emotional step back from the details and focus on physically letting go of the pressure.

First become **aware** of this as **pressure**, and that this **pressure is ENERGY**. Remembering that pressure, emotion, thought, everything in fact is energy, makes it easier to imagine that we are empowered to influence what is impacting us. **Energy is versatile and mobile**. **Our psyche does not want this kind of energy present so it is motivated to release it**. **All it needs is our acknowledgement and intention to do so**.

To release the internal pressure in a healthy way:

- **Ground** yourself in a **sitting** position, with an open posture, **breathe** slowly, deeply, close your eyes and focus on relaxing your muscles.
- Become an **observer** of your **energy** and know that the chaotic energy wants to **move**, so you can get back to **balance**. It might feel like tight muscle, your muscles are bracing. This is the spin's contraction. Just relax through it and open up your posture.
- **In order to tap into your expanded energy of A, connect** with an **inspirational** word or image, ex. relax, open, safe, love, healing, etc.
- You may find your **body** wants to **move** slightly, **stretch** or **sway** to **release** the energy. **Let the stress energy move**.

**2) Expression** - a healthy voice

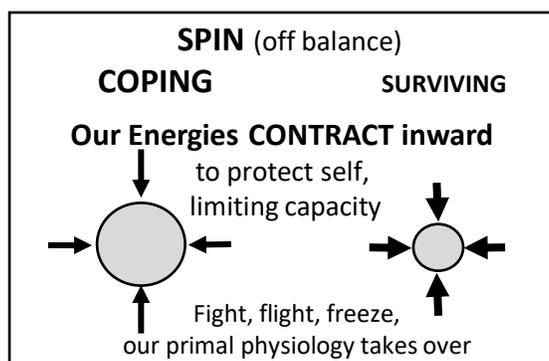
As humans we have a **deep need to express** ourselves and "expressurize" our internal energy. **Have you ever experienced having an thought that wants to be spoken, yet you hold off voicing it?** It becomes an internal tug-of-war of energy pressure. The thought has momentum, energy, to be expressed. Each of us must use our best judgement in deciding when and where to use our voice, but this is more evidence that it is innate in us to want to express our thoughts and the energy that accompanies them.

**Having a voice** in your world is essential because it allows you to express yourself, be understood, act on your personal power, respond and resolve things within yourself and with others. It is important to do this in a healthy way or it will result in more chaos and chaotic energy.

**Emotional Wisdom** Our emotions provide us with **energy** (unique frequency for each emotion) and **insight** (purpose of the emotion). We can tell the difference between feeling sad and confused, or happy and guilty. Each emotion's energy is distinct. These emotions shed insight on how we are experiencing something, and what we need or want. It is wise to listen for the wisdom in your emotional energy.

Take the time to be clear on what pressure you are experiencing, what your **feelings** are telling you that you **need**, and what needs to **change**. **Express yourself** in a **fair, safe way** and the act of expression shifts you into a more active, responsive role, where you can act from the expanded resources (logic, consideration, fairness etc.) of the A – balanced mindset.

**B**



**A**

