

WISDOM



& DEPRESSION

{ quite the duo }

*by Lea Wilder*



My anxiety's name is Friz.  
Friz's job is to make sure I  
GET THE JOB DONE,  
MAKE MINIMAL ERRORS,  
& HURRY UP.

She keeps a look out,  
always,  
and is ready to jump in,  
interrupt any moment of peace,  
and ensure I know exactly  
what could go wrong  
at all times.

My depression's name is Dan.



He is heavy, and tired,  
and just doesn't want  
to do it anymore.  
He moves slowly,  
creeps up quietly behind Friz,  
then sits on her,  
muffling her urgent cries,  
and ensures I lay down  
for extended periods of time.

*The trick is not to fight them.*

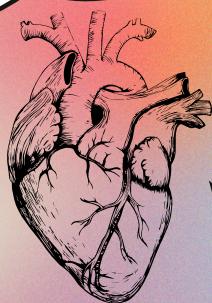
I am terrified of getting rejected, and of being alone.

I am being pushed too hard - I need to rest.

I do not want to get in trouble, and I am not even sure what that means.

*I want to feel loved.  
I want to feel seen.  
I want to be enough.*

*But to gently listen, and meet their needs.*



# IT'S TRUE: EVERYONE GETS SAD & NERVOUS SOMETIMES.

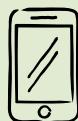
BUT IF YOU CAN'T GET YOUR FRIZ OR DAN  
TO SHUT UP, IT CAN DRIVE YOU CRAZY,  
AND EVEN CAN MAKE YOU SICK.

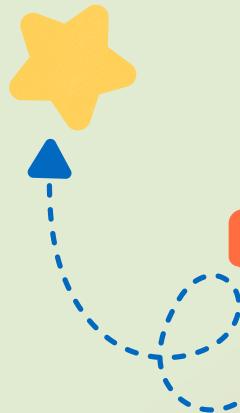


SOME THINGS CAN HELP QUIET THEM DOWN:  
LIKE MEDICINES, THERAPY, MAKING FRIENDS,  
SOLVING SLEEPING & EATING PROBLEMS,  
GETTING INTO NATURE, YOGA, MEDITATION,  
WALKING, BREATH WORK, ART, MUSIC...



AND SOME THINGS CAN MAKE IT WORSE, LIKE:  
THE WRONG MEDS, A BAD THERAPIST, TOXIC  
FRIENDS + RELATIONSHIPS, SACRIFICING SLEEP,  
POOR NUTRITION AND HYDRATION,  
TOO MUCH TIME ON SCREENS  
(ESPECIALLY SOCIAL MEDIA),  
USING SUBSTANCES TO SELF-MEDICATE,  
IGNORING YOUR OWN NEEDS AND PASSIONS...





It is so important to NOT shame or judge yourself if you find you are using some of the more counterproductive attempts to cope. This is normal and expected, but it is great when you can notice yourself doing that and gently guide yourself back to the more productive habits that can help you feel better.

Our healthcare system in the US right now is horribly unaffordable for many people. But if you do have access to a doctor you can talk to about your specific symptoms and struggles, you might be able to access medication that can help balance out your brain chemicals so you have more energy and capacity to do the healthier, but more difficult steps towards healing.



If you are doing things that actively hurt yourself in an attempt to cope, please tell a trusted friend and medical professional immediately. Call **988** to access help if you need it.

The important thing to remember



is that you are not alone in this.



# GOOD THERAPY EXISTS!

Finding a therapist can be so daunting, and once you do find one, it can feel awkward talking to a stranger about such personal things. Even then, you might find that therapist isn't the right fit for you, and you have to start all over.

However, there are many different therapies and resources you can find to get help, and you would be surprised what life can feel like once you find some relief from your struggles. You deserve to feel better.

## Therapy Considerations:

- Read bios online to learn about the providers' experience and specialties.
- Check with your health insurance provider to see what benefits you have and see which providers you like are within your network.
- Consider different types of therapies - Google these to learn more:



EMDR

Somatic Experiencing

CBT

DBT

Biopsychosocial

# SMALL STEPS

One time, a therapist told me it was good I had both anxiety and depression, because the depression forces me to slow down sometimes, but the anxiety ensure I don't stay down for long. Unfortunately, the anxiety can kick into higher gear when I read something like this very well-meaning and informative zine, and I suddenly feel like I need to get a morning routine and meditate and take walks and eat healthy and sleep better and it all feels like too much so I don't do anything different and instead keep perpetuating the same painful cycles. But, I digress. The point is, I don't want you to feel like that. So here are some completely optional suggestions of some small steps you could take today to start feeling a bit better. Circle ONLY one to focus on today. Once you have done that consistently for a bit, circle another. Keep going. You can do this.

DRINK WATER

EAT A  
VEGETABLE

ONLINE GUIDED  
MEDITATION

WALK OUTSIDE

TAKE A BATH

TAKE A NAP

MAKE SOMETHING

CALL A FRIEND

DANCE

ASK FOR  
HELP

DO A TASK  
YOU'VE BEEN  
PUTTING OFF

# KEEP GOING

For more content on mental and emotional health, nervous system regulation, education, LGBTQIA+ resources, neurodivergence, & self love, visit

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**Orchid Care Network – Mx. Leo Wilder**