

3 Authentic Tools
You Can Use to
Heal From Depression
Today

Breakthroughs With Briana



1. Identify What Hurts

First, we have to acknowledge the pain to know how to heal it (sometimes this is the *hardest* part!) With these simple steps and activities you will be able to tune into your needs and create a safe space for healing to happen right now.

Bonus Tip: Give yourself *permission* to heal

While I was recovering from 11- years of severe depression, PTSD, and anxiety I noticed 2 things:

1. I was SUPER judgmental towards *my* healing process.
2. I tried to rush through it.

Neither of these were fair to me. What I needed was self-support, compassion, patience, and understanding.

Make sure that you make space for your healing!

What Hurts?

List what is hurting you or what problems exist in each category
(click to edit the document)

Family

Friendships

Faith

Relationship with self

4 Ways You Create A Safe Space For Yourself

- Journal without judgment
- Commit to being vulnerable
- Be real with yourself + God
- Don't put too much pressure on yourself to be perfect

Changes You Will Make

We can't control all things in life but what are some areas that you can commit to making a difference in right now?

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2. Flip It

This was my first daily challenge that I took on! Once I payed attention to where I needed more light and love, I was able to see what was stealing away my joy. The first thing I noticed was how horrible my thoughts were! I was so mean to myself and would repeat lies and negativity over and over again.

It's so important that we support ourselves in life. Our thoughts hold so much power and can *really* make or break each moment. When you think negatively majority of the time it limits you in your social life, finances, influence, and spirituality.

I used the "flip it" method to take back control over my thinking. Each time I had a negative thought I'd FLIP IT to something positive. I'm not gonna lie, at first it feels fake and like you're being weird but overtime you **will** train your mind to be positive.

Eg:When I was in college-

"I'm not smart enough" to "I'm smart enough."

Simple yet effective.

Don't knock it until you try it consistently! Remember, a big part of healing is believing that you can actually do it no matter what it takes.

Write out 2 negative thoughts that you deal with and practice
flipping them into something that serves you
(Then do this in real life!!)

NEGATIVE THOUGHT

POSITIVE THOUGHT

Flip it

Flip it

NEGATIVE THOUGHT

POSITIVE THOUGHT

3. Take It To God

Won't He do it?!! I know, I know whenever you're in a pit it seems like God doesn't hear, see, and sometimes care about you but this is so far from the truth. Whenever we're struggling to see the next step in life it's so important to tap into truth, light, and source.

I'm not big on the shallow prayers and only talking to God about the carefree things in life. God knows us inside and out (Psalm 139:1-24) but we have to give permission for Him to heal us and help us. So be real about it! I told you, I'm all about authenticity. If you're pissed, talk about it. Hurt, talk about it. Feel abandoned? guess what, talk about that too!

I promise it feels so freeing to be honest with God about how we feel instead of trying to carry all of these heavy burdens alone.

You're worthy of receiving help and sharing your authentic emotions.

God, where are you?

WHAT AREAS DO YOU FEEL LIKE YOU NEED TO SEE MORE OF GOD IN?

List 3 areas you're looking for God in

God, I'm frustrated because....

I forgive you.....

I need you.....



"If you feel insignificant, you better think again... Better wake up because you're part of something way bigger.. You're part of something way bigger"

- "Bigger", Beyoncé