

The Long Walk

Posted by WeWillWalk - 22 Apr 2011 10:02

Because every road to recovery is a long walk. Especially when suffering of depression and anxiety. I'll keep you posted on my thoughts and my recovery. Day 1: Recovering after a fall I had yesterday. Felt like crap afterwards. Want to get better.

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Re: The Long Walk

Posted by DesertLion - 22 Apr 2011 15:29

Hi WeWillWalk,

I had a fall yesterday as well and I feel pretty annoyed at myself as well. Let's take a walk together as we climb back up again.

I'm trying not to get worked up and start blowing things out of proportion. Maybe this fall wasn't such a bad thing, because it's made me all the more determined to succeed and to strengthen myself.

Anyway, keep on trucking.

DL

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Re: The Long Walk

Posted by WeWillWalk - 23 Apr 2011 19:51

Desertlion, let's take the walk to recovery, even though today I twisted my knee, but keeping my head high. Injuries are temporary.

"If you don't have a reason to smile, smile and G-d will give you all the reasons."

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Re: The Long Walk

Posted by Eye.nonymous - 24 Apr 2011 06:51

[WeWillWalk wrote on 22 Apr 2011 10:02:](#)

Because every road to recovery is a long walk. Especially when suffering of depression and anxiety.

It's the SUFFERING AND DEPRESSION we need most to recover from!

Not the guilt that happens after the fall. But the wave of negative emotions that preceed a fall (if you look for it, you'll usually notice it. It starts a few hours before, a few days before, and even a few weeks before a fall).

Good luck,

--Eye.

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Re: The Long Walk

Posted by WeWillWalk - 24 Apr 2011 09:06

You're totally right Eye,I realise it's more important to recognize the subtle mood falls coming right before a fall. And accepting I have a mood fall..I think it's the hardest thing,accepting I have a problem and instead of fighting it,I should accept it and wait for the mood to become better.

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Re: The Long Walk

Posted by im not alone - 24 Apr 2011 18:28

[WeWillWalk wrote on 23 Apr 2011 19:51:](#)

"If you don't have a reason to smile,smile and G-d will give you all the reasons."

WOW!!! what a great line.

thanks for sharing that

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Re: The Long Walk

Posted by Eye.nonymous - 26 Apr 2011 07:31

[WeWillWalk wrote on 24 Apr 2011 09:06:](#)

I should accept it and wait for the mood to become better.

I find that, usually, if I just wait for these bad moods to go away, and keep it in my head, then it just gets worse.

What helps is to reach out to someone, either by phone, or by posting or E-mail, someone I can confide in and someone who is familiar with this struggle, "I'm in a bad mood and I'm afraid I'm going to m*st if this keeps up."

Even if the above channels aren't available, getting out of your head, in general, helps change the mood. Try to be helpful to someone. Call an old friend just to say hello and ask how he's doing.

--Eye.

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Re: The Long Walk

Posted by DesertLion - 26 Apr 2011 13:31

Hi Wewillwalk,

! Like you said injuries and falls are just temporary. I love your attitude btw, "If you don't have a reason to smile, smile and G-d will give you all the reasons."

I hope it's actually true too lol, we all need something to smile about now and again.

BW and TC,

DL

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Re: The Long Walk

Posted by WeWillWalk - 27 Apr 2011 09:29

Well,these past days have been like hell,I've been down and of course I've fallen like a rock,been down to the ground way too long. Need to get up and keep on trucking. How should you tackle the mood swings and when you feel the mood is going down?

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Re: The Long Walk

Posted by silentbattle - 27 Apr 2011 16:18

It can be difficult. I try to focus on the good feeling of being clean. And that even if I'm in a bad mood right now, I feel good about being clean, overall. Much better than falling will make me feel, even in the short-term!

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Re: The Long Walk

Posted by jack - 27 Apr 2011 17:26

this fellow eyenonymous hit it right on the head.it seems like me and him are on the same page.

talk to a human being on the phone, someone who understands your struggle, and will not judge you. eye- right on!!

once again, this may not be the right advice for you-look through the GYE handbooks and pick whatever works.but know that it might take time, be patient.dont be frustrated if it doesn't work right away.sometimes it could take years.be VERY patient - after all, G-d has patience and waits for us, so why shouldn't we emulate HIm and do the same for ourselves?

jack

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Re: The Long Walk

Posted by DesertLion - 27 Apr 2011 18:01

Hey WeWillWalk,

My advice for combating mood swings:

- 1.) Eat something tasty and nice (the guys here seem to like sushi and ice cream a lot)
- 2.) Listen to good music-I like playing it LOUD
- 3.) Do some violent exercise-focusing all your anger and resentments into a punch bag and smacking the sh*t out of it really works wonders!
- 4.) Have a joke with a friend
- 5.) Take some time out to relax-have a stroll in the sunshine, watch a film etc.
- 6.) Finally, remember we can choose to be down in the dumps and depressed, or live on the knowledge and hope that things will improve one day a time.

Right, off to the fridge to get that beer, woodford, sushi and ice cream! Then to work it all off so my waistline doesn't start hating me.

KUTGW,

DL

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Re: The Long Walk

Posted by WeWillWalk - 28 Apr 2011 07:24

Wow,thanks a lot for your replies. I realized yesterday I was spending too much time being depressed and focusing on the negative,so much that I forget the positive side and that one day

I will be fine. It's funny,sometimes I can get depressed because I have a day when I am depressed. I think the thing is that I should try to be more positive and do a thing to make me smile. Ooo,so much focus on me,me,me. That's not good. So to change the topic,how are you guys doing? DL,how is it going for you?

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Re: The Long Walk

Posted by DesertLion - 28 Apr 2011 11:55

Hi WWW, like you said, things will be better one day ;D. We just have to grit our teeth in the meanwhile and just forge on forwards furiously. The only thing that can change our circumstances is work, time and patience and determination. Being depressed only serves to handicap us and retard our progress. I refuse to give satisfaction to the bastards who stand in our way by being upset. They will be smashed out of the way in time. We will reach the promised land one day even if we're still wandering in the desert.

Anyway, I'm not bad atm myself thanks. V busy writing an important report and deadline is only few days away so bit stressed. Other than that just trying to take it one day at a time and to remember not to be complacent.

Hope you're well and have a great weekend.

DL

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Re: The Long Walk

Posted by WeWillWalk - 01 May 2011 08:33

So,I am reaching out now,before I fall further. Feel like checking out shmutz. Think I am going to take it easy a bit. Ask Hashem for help. Help me Hashem!

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