

Mental Health Field Guide

YOU CAN RECOVER FROM ANXIETY, DEPRESSION, & OCD

Nelson Lee | Building Brain Waves

READ THIS GUIDE TO DISCOVER:

- What it means to recover from anxiety, depression, and OCD
- Why you don't have to fight the feelings and thoughts associated with anxiety, depression, or OCD
- 3 tips to help you avoid picking a bad therapist or coach
- The role medication can play in your recovery

Navigating the world of mental health is no easy task (I know from firsthand experience how difficult it can really be). However, reading this guide is a good place to start. If you end up having questions about any of the information in this guide, or anything else related to mental health, please don't hesitate to call me (Nelson) personally at 801-808-5866. I am dedicated to helping you get the assistance you need.

I'm also offering a free session of coaching to anyone referred through this guide. Call 801-808-5866 to claim your free session now!

WHAT IT MEANS TO RECOVER FROM ANXIETY, DEPRESSION, AND OCD

First, it's important to recognize that if you have a brain, you also have mental health. There's no getting around it. Now, I'll let you in on a cold, hard truth. There is not a quick fix for poor mental health, and anyone promising you a silver bullet cure is someone to steer clear of. Getting mentally healthy takes consistent hard work.

Getting stuck in the rut of poor mental health is actually very similar to having poor physical health, and similarly, it can be influenced by the following factors:

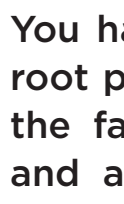
- Genetics
- Your environment
- The choices you make

The good news is that just like you can take action to improve your physical health, you can also change your behaviors to improve your mental health. Recovery is about building skills, and more specifically, it's about learning how to experience and accept challenging thoughts and emotions, all while you strive to live the life you really want. Learning how to implement these skills in your day-to-day life will be crucial to your recovery.

WHY YOU DON'T HAVE TO FIGHT THE THOUGHTS AND FEELINGS ASSOCIATED WITH ANXIETY, DEPRESSION, AND OCD

Surprisingly enough, fighting thoughts and feelings is so often what gets us into the mess of poor mental health. Experiencing challenging thoughts and emotions are very natural human experiences, and when we avoid or try to control these experiences, we end up paying a price in the long run as our mental health declines. This decline in mental health usually manifests itself in the form of an increase in uncomfortable feelings like anxiety and depression.

It should be mentioned that the uncomfortable thoughts and feelings associated with anxiety, depression, and OCD are symptoms of a deeper issue, and treating the symptoms alone is very much like going to the doctor with a broken ankle and just asking them to treat the pain, instead of the broken ankle.



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3 TIPS TO HELP YOU AVOID PICKING A BAD THERAPIST OR COACH

1. Find someone who will teach you skills and encourage you to live the life you want. This often means finding someone who will give you homework. When you're struggling you don't need a sympathetic ear . . . ok, a tiny bit of sympathy might help a little. However, what you really need is to learn actionable skills that will help you get better.
2. Find someone with a track record of helping people improve. Ask friends for referrals, scour the internet for quality therapists or coaches near you, and don't hesitate to ask the therapist about how they have been able to help others.
3. Find someone who has experience teaching principles of acceptance in regard to mental health. This method of acceptance is what will allow you to experience your emotions while still living the life you want. It's what will get you out of the rut.

THE ROLE MEDICATION CAN PLAY IN YOUR RECOVERY

The final decision regarding whether or not you choose to use medication should be between you and a trained psychiatrist. Know that medication is often not a quick fix for your issues. What medication is good for, is giving you a boost (especially if you are in really bad shape) that will help you make the necessary changes to improve your mental health. Whether you take medication or not, you will still need to make changes to get better.

**Call 801.808.5866 or visit
buildingbrainwaves.com/coaching now to
claim your free coaching session with Nelson**