



























cessful as both a wife and a mother, and I was willing to do whatever was needed to accomplish that.

During my therapy process, I remembered that my family doctor, who had a more holistic approach than most, had suggested that meditation might help me. I decided to explore what meditation was and how it might help with depression. I looked at Transcendental Meditation, but as I read about that approach, I decided it wasn't for me, and I kept looking into other kinds of meditation. Ultimately, I found mindfulness-based stress reduction, or MBSR.

But before I was able to incorporate meditation into my life, I had to learn how depression happened in my body/mind. I began to seek answers by reading about depression and its causes, a scholarly approach that had gotten me ahead in life to that point. I also thought about how to teach what I was learning to people like me struggling with depression when I got my private practice started. When I went back to work, I decided it was important to structure my day to include time for self-care, which was the key takeaway from my study of managing depression. I wanted to get off the antidepressants, and I felt my depressed states had a lot to do with the dysregulated pattern of pushing hard and then crashing that I had carried into my adult life. Whenever I crashed, I got stuck trying to pull myself out of it because I had no idea what I was feeling.

That pattern had taken a toll on me when I lived in Steamboat Springs, and I knew I would not get out of depression if I repeated it now. Self-care meant taking time to exercise, rest, relax, and play. It was about finding a healthy balance in my life. I began to experiment with how much balance I could achieve with a new career, a new baby, and growing a family.



**BUY SIGNED COPY**



SAMPLE - DO NOT COPY