

Lifestyle Comparison Grid

| <u>The Antidepressant Lifestyle:</u> <i>Lifestyle Factors That Make You Happy, Healthy, and Well</i> | <u>The Depression-Promoting Lifestyle:</u> <i>Lifestyle Factors That Make You Depressed, Fat, and Sick</i> |
|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Whole, natural, unprocessed food | Processed food, with lots of additives |
| Lots of pure water (which fuels and cleanses every organ and cell) | Little water; consuming beverages full of sugar / caffeine / chemicals |
| Plenty of exercise and activity | A sedentary lifestyle, with little activity |
| Exposure to sunlight; time outdoors | Little sunlight; indoor living |
| Sleep that reflects sunlight patterns (Waking early, going to bed early) | Sleep that opposes sunlight patterns (Waking late, going to bed late) |
| | |
| Meaningful, consistent, harmonious relationships; strong social life | Disrupted, inconsistent, conflicted relationships; little social life |
| Creativity and contribution, using one's own talents and skills | Consuming and viewing the creations of others, while inactive oneself (eg TV) |
| A bigger meaning and purpose in life (Spirituality and Service) | Lack of direction or purpose in life; just existing and consuming products |
| Viewing, reading, listening to positive media and music | Viewing, reading, listening to negative media and music |
| Behavior consistent with chosen values and standards | Behavior inconsistent with chosen values and standards |
| Dejunking and ordering of belongings | Messy accumulation of belongings |
| Living within your means: managing money and time effectively | Living beyond your means: buying too much, being too busy |
| Clear goals and progress toward them | Lack of goals; just "existing" |

*Note : Many of these same factors (especially the 5 physical ones, above the blue bar) have also been shown to affect the development of **obesity, diabetes, heart disease, cancer, hypertension, and other afflictions.***

So – a healthy lifestyle helps prevent or reverse all these conditions - whereas an unhealthy lifestyle increases risk of all of them.