

FREE
EBOOK

MANAGING ANXIETY & DEPRESSION

BOOST
YOUR
MENTAL
HEALTH!

DR. STEVEN RESIC
OSTEOPATH



Contents

Disclaimer.....	Page 2
Dr. Steven Resic.....	Page 3
Foreword.....	Page 4
What is Anxiety?.....	Page 8
What is Depression?.....	Page 11
Affirmations.....	Page 14
Gut-Brain Axis.....	Page 18
Diet.....	Page 22
Hydration.....	Page 27
Relationships.....	Page 29
Exercise.....	Page 33
Sleep.....	Page 37
Supplements.....	Page 39
Rest & Relaxation.....	Page 41
Sunlight.....	Page 45
Purpose.....	Page 46
Work with Me.....	Page 49

Disclaimer

This eBook is not meant to be a stand alone resource for dealing with anxiety and depression.

I strongly encourage every person to seek out professional psychological help from a psychologist, counsellor, psychiatrist etc.

Addressing the underlying psychological causes of anxiety and depression is essential to effectively treat the cause.

Therefore, I suggest consulting a General Practitioner who can then create a mental health referral plan that can connect you with qualified professionals who can provide you ongoing mental health therapy.

Dr. Steven Resic

I'm an Osteopath, nutritionist and functional medicine practitioner with over 8 years experience in the health industry. I have worked in clinical practice and aged care in Melbourne and Byron Bay.



Foreword

I am overflowing with emotion as I express my heartfelt congratulations and immense gratitude to you for taking the time to read this Ebook, which I have poured my heart and soul into, in the hopes of helping others manage their anxiety and depression.

My struggle with anxiety began in my early childhood after 3 traumatic events. Following a break up in my early 20's, depression hit me hard as some repression emotions and memories resurfaced.

As a result, for the past decade, I have been on a relentless journey to find a solution to my mental health issues, and this eBook represents the culmination of the knowledge and wisdom I have gained.

I am excited to share with you the health pillars that have been instrumental in my own journey towards better mental health. These pillars have empowered me to manage my anxiety and depression, and I hope they will do the same for you.

It has been a long and arduous road, and for ten years, I relied on anti-depressants to get me through each day. But today, I am proud to say that I am 2 years medication free since October 2021.

This milestone is a testament to the years of therapy I underwent to address underlying traumas and emotional blocks, as well as to the attention I paid to my physical health.

The focus of this eBook is holistic lifestyle changes that may help improve your physical health and ultimately have a positive impact on your mental well-being.

Throughout my own journey, I discovered that daily routines and lifestyle changes are the key to managing anxiety and depression over the long term.

And it's not just our mental health that is impacted by these changes, but our physical health as well. The two are intrinsically linked, and addressing one inevitably leads to an improvement in the other.

It's easy to feel overwhelmed by the magnitude of this task, but I'm here to offer you a glimmer of hope. Each day presents a new opportunity to take concrete steps towards better mental health.

I hope to make what seems like a daunting task a simple step by step process with immeasurable benefits.

I encourage you to take a deep breath, gather your strength, and start taking action today. Together, we can make progress towards healthier mental health.



**Dr. Steven Resic
Osteopath**

What is Anxiety?

Anxiety is a complex emotion characterized by a sense of worry, unease, or fear that arises in response to a perceived threat or danger.

Often, it manifests as an excessive concern about future events or situations, which can be incredibly debilitating.

Anxiety can also be felt viscerally in our bodies, and it is not uncommon to experience physical symptoms such as stomach discomfort and fast, palpable heart rate.



In my experience, one of the most effective ways to manage anxiety is by down-regulating the nervous system.

This can be accomplished through various techniques such as breathing exercises, affirmations, and regular exercise.

By calming the nervous system, we can shift our focus from the mind to the body, allowing us to be more present in the current moment and less consumed by worry about the future.

It's important to remember that managing anxiety is a journey, and what works for one person may not work for another. But with patience, perseverance, and the right tools, you can find a way to manage anxiety and lead a fulfilling life.

I have also come to the conclusion of looking at the positives of anxiety not just the negatives. Being an anxious person hasn't just been a negative symptom when I look back at it.

Being anxious means I have taken greater care of myself, how I operate in the world with others and how I perform my daily activities.

For example, when I go to work sometimes I feel anxious because I want to make sure my patients have the best outcomes for their injury or pain. This has meant each day I am overly prepared for the patients I have booked for the day. If I wasn't as anxious I would be more laid back and less prepared. Thus, the patient outcomes would suffer if I cared less and didn't worry.

What is Depression?

Depression is a mental health disorder characterized by persistent feelings of sadness, hopelessness, numbness and a loss of interest in previously enjoyable activities.



Depression can also involve physical symptoms such as changes in sleep patterns, appetite, and energy levels.

Depression can vary in severity, from mild to severe, and can affect anyone regardless of age, gender, or background. It is often caused by a combination of genetic, biological, environmental, and psychological factors.

I have been through several episodes of depression, and at times, the darkness can seem so overwhelming that it feels like there's no way out. However, I've found that focusing on the fundamentals of good health provides me with the best chance of gradually improving my mental health, one day at a time.

I have found it essential to prioritize several basic practices, including consistent daily exercise, getting a full eight hours of sleep each night, avoiding unhealthy foods and alcohol, maintaining a balanced and unprocessed diet, practicing mindful breathing and meditation, finding purpose through work or other meaningful activities, seeking support from loved ones, and seeing a psychologist.

By committing to these self care practices over an extended period, you may be able to gradually get through your depression.



Affirmations

As someone who values the importance of self-love practices for maintaining good mental health, I highly recommend incorporating affirmations into your daily routine.

The way we speak to ourselves has a significant impact on our well-being, and practicing positive self-talk through affirmations can have long-term benefits.

To get started, try repeating three affirmations ten times each, both in the morning and at night. This simple practice can help set a positive tone for the rest of your day.

**Here are some examples of affirmations
you can try:**

**I do not worry. I'm safe, secure and
protected.**

**I do not worry. I am in control of my own
thinking. I think thoughts which create
and fulfill the best in me.**



**I control the thoughts I choose. No
thought can dwell in my mind without my
approval or permission.**

**I can move past this moment. I am in
charge of my thoughts.**

As I breathe, I am calm and relaxed.

I inhale peace and exhale worry.

I love myself, I support myself, I accept myself.

I am deserving of love, happiness and success.

I am worthy of love, respect and compassion.

I approve of myself just as I am.

People enjoy being around me. I have self confidence and self respect. I like myself and it shows.

I accept myself unconditionally, including all my flaws.

Serenity Prayer

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

The Serenity Prayer is a great way to start your day as soon as you wake up.



Gut Brain Axis

The gut-brain axis is like a two-way communication system that connects our gut (digestive system) and brain.

It's not just a physical connection, but it also involves chemical and hormonal signals that help the gut and brain communicate with each other.

This means that what's happening in your gut can affect your brain, and what's happening in your brain can affect your gut.



The gut and the brain are connected by different parts of the nervous system, which work together to communicate information between them.

These include the autonomic nervous system, the hypothalamic-pituitary-adrenal (HPA) axis, and nerves in the gut itself.

Because of this connection, the brain can affect how the gut works, including how the immune system in the gut functions.

On the other hand, the gut can also affect the brain, influencing how we feel, think, and our overall mental health.

Below is a link to documentary on the Gut-Brain Axis.

<https://www.youtube.com/watch?v=SQ8eow6yQBg>

The foods we consume have a significant impact on the Gut-Brain Axis, as they influence the composition and diversity of the microbiome residing within us.

A healthier gut microbiome establishes a positive relationship between our gut and brain, which may improve our mood, cognition, and mental health.



By choosing to eat healthier foods, we can enhance this relationship and promote a more positive impact on our overall and mental well-being.

Here are two important facts to know about the gut and why you should address gut health for optimum mental and immune function.

95% of the body's serotonin is produced in the gut. Serotonin helps control your mood, is responsible for happiness, helps regulate your sleep and wake cycles, helps you think and controls your sexual desire.

Around 70% of the immune cells of the body are found in the gut. This means there is an intricate interplay between the bacteria and microbes in your gut and the immune system it houses.

Therefore, eating a health balanced diet can improve your gut bacteria diversity and help with optimum serotonin production and a strong immune system.

Diet

Diet is underestimated on its potential impacts on mental health!

For anxiety and depression I encourage a balanced diet of unprocessed foods. Especially foods high in vitamins, minerals and of each colour of the rainbow.



This means eating a large variety of fruits, vegetables, meat, fish, nuts, legumes, herbs, spices and fermented foods/drinks.

If you're dealing with gut issues as well as anxiety, and depression, I would advise avoiding wheat, dairy, and alcohol from your diet for a minimum of 4 weeks.

This may help address possible food sensitivities and gut inflammation, both of which may be affect your mood and cognition. Then as a result you can promote gut repair and improve your gut brain axis relationship.

Eliminating alcohol may have significant benefits by reducing inflammation and allowing the gut lining to heal. Moreover, it can help reduce the urge to snack on junk foods, another positive side effect of abstaining from alcohol.

If you're grappling with high anxiety or sleep issues, it's also advisable to eliminate caffeine.

This means cutting out coffee, caffeinated teas, chocolate, and energy drinks as caffeine can exacerbate your anxiety and disturb sleep by further stimulating your nervous system.



Another recommendation is to avoid vegetable and seed cooking oils as they can trigger inflammation in your body.

Instead, consider using healthier alternatives such as extra virgin olive oil, grass fed butter, ghee, coconut oil, macadamia oil or avocado oil.

Preparing meals at home more often is advisable as eating out often involves consuming foods made of low quality ingredients cooked in cheap, processed vegetable oils usually so businesses can turn over a profit. By cooking at home, you have better control over the ingredients you consume.



To improve your diet, it's crucial to eliminate junk foods and fast foods from your diet. This means steering clear of sugary drinks, chocolate, cakes, McDonald's, and other processed foods that contain high amounts of sugars, preservatives, and emulsifiers. Instead, focus on consuming real, whole foods that provide your body with the nutrients it needs.

We have evolved over thousands of years to eat and function optimally from real food not adulterated processed foods such as coke and deep fried potato chips smothered in ungodly amounts of salt.

This includes avoiding foods high in added sugar, that can cause a cascade of inflammation in the body. High sugar consumption over many years can potentially lead to the beginning of diabetes!

Hydration

Hydration is also essential for optimal health and metabolism. Unfortunately, many people struggle to drink enough water each day.



Generally, consuming around 2 liters of water per day is a good target, but this may vary depending on your weight and activity levels.

For optimal hydration, it's recommended to drink filtered water that contains minerals and electrolytes.

You can install a water filter in your home kitchen or buy filtered water from the supermarket.

This can help ensure that you're consuming clean, healthy water that supports your overall health.

In addition, being hydrated has a swath of benefits including preventing headaches, helping with cognition and mood, increasing physical performance, aiding in weight loss, preventing constipation, regulating body temperature etc.

Relationships

We all need connection! Healthy relationships with friends, family, and intimate partners are essential for our wellbeing, not just for love and companionship, but also as a support system when we need to discuss our fears, insecurities, anxieties, and sadness.



Rather than bottling up our problems, it's important to share them with someone we trust, be it a friend, partner, or family member. This is one of the most effective ways to alleviate feelings of anxiety and depression.

In these conversations, it's important to have a non-judgmental space where you can express your concerns.

The other person doesn't necessarily need to offer advice, but the simple act of being listened to and heard can be incredibly helpful in and of itself.

Ideally, you have a trusted confidant who is wiser, older, or more experienced than you. They can provide a different perspective and help you change your thoughts or approach to the problem at hand.

Conversely, it's also important to support others who are going through a tough time. This can help take your mind off your own worries and remind you that everyone is facing daily challenges.

We will always encounter difficulties in life, but it's how we deal with them that makes the difference.

Remember, everyone is grappling with something, so it's essential to be kind, compassionate, and understanding in all our interactions.

If you don't have someone you can regularly confide in, mental health websites such as <https://www.beyondblue.org.au/> offer a platform to connect with mental health practitioners, support groups, and to learn more about mental health.

Beyond having people in your personal network, I strongly believe that everyone should have an experienced mental health therapist to talk to, particularly if things are spiraling out of control.

If you are struggling with your mental health right now, connecting with a General Practitioner is one of the best starting points for getting a referral to a mental health therapist, who can provide the necessary support and guidance to help you overcome your mental health challenges.

I've heard it say said that we spend a large part of our lives trying to understand ourselves. What better way than under the safety and guidance of a professional.

I know healing my past emotional and mental wounds have been a big part of my healing journey. I still to this day seek out regular therapy as I find it very beneficial for my mental and overall health.

Exercise

Daily exercise is one of the most effective management remedies for anxiety and depression. Humans have evolved to be physically active for multiple hours per day, dating back to our hunter-gatherer days.



In today's world, where many of us spend hours sitting behind the wheel, at a desk, or watching TV, we need to prioritize physical activity now more than ever.

I recommend aiming for an hour of movement per day. This can involve an hour at the gym doing cardio and weights, or an hour of outdoor activities such as cycling, walking, swimming, football, skateboarding, tennis, basketball. The more socially connected the activity the better!

Variety is a crucial element of exercise and movement. Engage in different types of physical activity throughout your week, not only to train different parts of your body but also to keep your mind engaged in new movement patterns.

Moreover, it's essential to continue learning new movement patterns throughout your life. Unfortunately, many people don't prioritize this aspect of their health. They stop learning new human movements once they reach adulthood.

You can keep learning new movement patterns at any age. For instance, you can try learning yoga, salsa, surfing, pole dancing, skateboarding, swimming or any other activity that interests you. As an example, even at 32, I continue to explore new movements patterns by learning Zouk (Brazilian Salsa).



Engaging in physical activities with friends or groups of people is a great way to nourish your soul and build deeper connections with others. As seen in the above picture!

Exercise is a powerful tool for managing anxiety and depression, allowing you to connect with your body and get out of your head.

Personally, I find that activities such as dancing, skateboarding, and surfing are particularly effective in helping me stay in the present moment. When I'm engaged in these activities, I put my phone away and give my full attention to the experience.

I emphasise the importance of daily movement as it provides me with being present in my body, a release of endorphins, a social outlet, opportunities for learning new movement skills and helps release nervous energy from my body.

Sleep

Getting a good night's sleep is essential for our physical and mental wellbeing. Sleep has powerful anti-inflammatory effects!



Unfortunately, many people don't prioritize good sleep hygiene, which can lead to low energy, mood swings, difficulty focusing, and increased anxiety and depression.

Establishing healthy sleep habits is key to maintaining a healthy circadian rhythm and achieving restful sleep.

Here are my top sleep tips!

- 1. Switch your phone and other devices off from 9pm.**
- 2. Dim the lights in your house from 9pm.**
- 3. Go to sleep and wake up at the same time every night.**
- 4. Aim to be asleep before 11pm**
- 5. Sleep in a completely dark room.**
- 6. Make sure your room is the correct temperature, around 18 degrees. Too hot or too cold will disrupt your sleep.**
- 7. Take a hot shower or bath before bed.**
- 8. Avoid afternoon naps longer than 20 minutes.**
- 9. Avoid work and stimulating activities such as exercise 2 hours before bed.**
- 10. Avoid caffeine in the afternoon.**
- 11. Breathe, meditate or listen to an audiobook to relax before sleep.**

Supplements

The two supplements I would recommend for anxiety and depression are Magnesium and B vitamins. I recommend these supplements because they both have properties that may boost your mood and relax the nervous system.

Benefits of Magnesium

- **May help relax the nervous system.**
- **Supports the function muscles and nerves.**
- **Helps with blood sugar and blood pressure levels.**
- **Required for hundred of chemical reactions in the body.**
- **May boost mood.**
- **Supports sleep.**

Benefits of B vitamins

- **Supports mood and reduces stress.**
- **Supports immune function.**
- **Supports cardiovascular health.**
- **Supports energy function.**



I recommend buying the Bioceuticals or Metagenics brands for magnesium and B vitamins. They are the most tested and trusted brands in Australia. Read the product for daily dose recommendations.

Rest & Relaxation

In today's busy and demanding world, we often find ourselves overwhelmed with various stressors such as work, relationships, and personal responsibilities.

This chronic stress can leave us feeling anxious, irritable, and exhausted due to high cortisol levels. To combat these negative effects, it's important to adopt stress-reducing techniques that can calm our nervous system and promote a sense of peace and relaxation.

Regular practice of stress-reducing techniques can greatly benefit our mental health and help prevent stress from spiraling out of control.

Even just 10 minutes of relaxation techniques in the morning and before bed can be sufficient.



Reducing stress is crucial for our mental health and wellbeing. Incorporating stress reduction techniques into our daily routine can help us be more productive in the long term by avoiding burnout!

Here are some relaxation techniques that you can use:

Yoga

A great way to move your body and calm your mind. Even a few minutes of yoga can help you feel more grounded and centered.



Meditation

Practicing meditation daily can help you manage stress, improve concentration, and increase self-awareness. You can start with just a few minutes a day and gradually increase the time.

Breathwork

Slow, deep breathing exercises can help you relax and reduce stress. Take a few minutes to focus on your breath, inhaling deeply through your nose and exhaling slowly through your mouth.



Remember, you don't need a lot of time to practice these techniques. Just 10 minutes in the morning or before bed can make a big difference. Don't reach for your phone first thing in the morning or before bed; instead, take some time to get out of your head and into your body.

Sunlight

Daily Sunlight exposure is a powerful way to help improve your mental health, especially early morning sun!

Sunlight exposure is thought to increase the brains release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focused.



In addition, when our skin is exposed to sunlight we produce vitamin D.

Interestingly, Vitamin D deficiency symptoms can be similar to those of depression. Including mood changes of hopelessness, sadness and loneliness.

Purpose

The search for life's purpose can be a significant contributor to daily anxiety and depression. Uncertainty about one's passion or direction in life can trigger feelings of anxiety and hopelessness.



Comparing ourselves to others who appear to have everything figured out or feeling like we should have accomplished more at a certain age can exacerbate these feelings.

However, discovering one's life purpose can be a challenging task, and there is no definitive age by which it must be achieved.

To find your calling, it's worth exploring various careers, acquiring new skills, traveling, reading, listening to podcasts, and engaging in other activities that spark your interest. Over time, you will likely discover something that you enjoy and are passionate about, paving the way for a fulfilling life purpose.

The absence of a specific purpose can actually be an exciting phase of life. It presents an opportunity to explore new avenues and indulge in activities like writing, painting, cooking, video creation, yoga, and learning about emerging technologies such as AI. The possibilities are endless, and the process itself can be enjoyable.

It's worth noting that a purpose doesn't always need to be associated with monetary gain. Being a caring and loving parent can also be a fulfilling purpose in life or engaging in volunteer work.



Therefore, it's important to try new things and embrace failure as an opportunity to learn and grow. Inactivity is the only surefire way to limit your growth potential, so get out there and start exploring.

Work With Me

If this ebook has resonated with you and your experience with anxiety and depression, I would like to introduce you to some health services I offer.

For anxiety and depression I create holistic health improvement programs tailored to your personal lifestyle.

Tailored health programs give you the tools help manage your feelings anxiety and depression by improving and optimising your sleep, nutrition, exercise routines, relaxation techniques and connection with your own body. Supplements are also part of this process.

Health programs can include one on one weekly coaching throughout process of re-engineering your health and lifestyle.

Additionally, I provide tailored nutrition advice specifically designed to decrease inflammation in the body, down regulate your nervous system and improve mood to help alleviate anxiety and depression symptoms.

Please don't hesitate to reach out if you are interested in learning more about my services. I would be honored to support you on your journey towards improved health and well-being.

My Services can be accessed online and in person. For more information I offer a free 15 minute inquiry call.

**Visit my website
<https://hoppersosteo.com.au/>**

**Or connect with me via email at
info@hoppersosteo.com.au**

**And you can follow me on instagram at
steve_osteopath and hoppers.osteo**

**For in person consultations I'm currently
working in Melbourne at my Osteo clinic
Hoppers Crossing Sport & Spinal.**

**You can book appointments online via our
website at
[https://hoppersosteo.com.au/book-
online/](https://hoppersosteo.com.au/book-online/)**

**Alternatively, you can contact the clinic
on 03 7038 0863.**

Thank-you!

**I wish you all the best in your search for
better mental health!**

Lots of Love!



**Dr. Steven Resic
Osteopath**