

The Ultimate **DEPRESSION**
Survival Kit

"How To Overcome & Master Depression"

With Dr Moses Simuyemba

Personal Workbook

Your Companion On Your Mastery Journey

Moses Simuyemba

Day 21 - How To Live Your Best Life, Right Now & Right Here!

Mindfulness can be practiced with or without meditation. However, especially when you are starting off, doing it in a meditation format will help you progress faster. There are many meditation techniques out there. Find one that works best for you and that will help you with achieving your goals as far as depression and anxiety are concerned.

Watch these YouTube videos on mindfulness

👁️ **Mindfulness Animated in 3 minutes**

You too can learn the secrets of Mindfulness Meditation in this short fun video.

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

👁️ **The Science Behind Mindfulness Meditation**

Another short video explaining mindfulness meditation and how it works

<https://www.youtube.com/watch?v=VTA0j8FfCvs>

👁️ **20 Minute Mindfulness Meditation for Being Present**

This is a guided meditation to help you develop your skill of being mindful and present. It will reduce your stress level, as well as improve your overall health and well being when practiced regularly.

<https://www.youtube.com/watch?v=-2zdUXve6fQ>

Reference material

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-  Chi, X., Bo, A., Liu, T., Zhang, P. (2018). Effects of Mindfulness-Based Stress Reduction on Depression in Adolescents and Young Adults: A Systematic Review and Meta-Analysis. *Frontiers in Psychology* 9, 10.3389/fpsyg.2018.01034
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