



How to beat morning depression and the lack of desire

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Introduction

Don't you absolutely dread the mornings?

You realize you're awake. Then you realize you're in pain with that horrible feeling that kills off your will to do anything. You tell yourself to go just a little further. "It'll be fine once you shower" "it'll be fine once you get dressed" "it'll be fine once you eat breakfast" "it'll be fine once you get moving and get work"

But it's NOT FINE and every step is harder than the last one.

Just getting to work feels like a Herculean effort and you're supposed to start actually doing things once you get there?

Do you just rely on the hope that the next morning will be better? Or are there steps you can take to take charge of how you feel in the morning...So you can choose to feel happier, energetic and motivated?

Read on as I uncover common mistakes that lead to morning depression and the best evidence-based techniques to beat it...

Forcing the wrong key into the right door

The biggest mistake most people make when dealing with morning depression is that they use the right techniques at the wrong times.

This is just like trying to open your front door with the wrong key. You're never going to get that door open no matter how hard you try.

What's my point...

You see, to succeed at managing your depression better, you've got to treat each of the phases of depression differently.

Why?

Because a strategy that might work brilliantly in one phase of depression, can actually make your depression worse when applied in another phase of depression. And not knowing this will cause you to waste many years working hard but getting nowhere.

The 3 phases of depression

The first phase is the “**Low low phase of depression**”: - This is where you're so depressed that you don't have the energy to do anything throughout the whole day not just in the mornings.

The second phase is the “**Sliding phase of depression**”: - This is the phase of depression where morning depression becomes debilitating. This is where you may find yourself feeling depressed from the time you wake up all the way to around 4 o'clock in the afternoon.

The Third phase is the “**Just okay phase of depression**”: - The depression is somewhat in the background but it's no longer so pervasive that it sucks up most of your days. You may wake up feeling like a zombie but this clears up within 30 minutes to one hour.

These are the three phases of depression and to succeed you must tackle each phase differently.

And to help you do just this, as you read through the following pages, I have placed a white text at the top of each page to indicate the best phase to use the strategies in that page.

Okay... Let's dig in

Mistake 1: Taking comfort in darkness

Explanation/ Examples:

In your lowest of lows, do you like to have your room
Pitch Black?

This can feel soothing, safe and relaxing and is actually helpful in little doses.

But did you know that spending too much time in darkness can kill off brain neurons? **See scientific fact (top right).**

Problems caused by this mistake:

- Too much darkness disrupts your body clock and makes it harder to get back to a proper day and night routine.
- **Also contributes to foggy brain symptoms.**

SCIENTIFIC FACT:

Neuroscientists kept rats in the dark for six weeks. The rats became depressed and suffered damage in brain regions known to be underactive in humans during depression. ([Read more about this research](#))

Best solution

It's crucial to get in as much sunlight as is possible in the low low phase of depression.

- Sunlight helps to increase the brains release of happy hormones like serotonin.
- **Get a friend or family member to open the curtains daily If you can't get out of bed yourself. And if possible go outside to get full exposure to the sun.**

Bonus tip

Set up a UV alarm light to switch on an hour before waking up to help you feel motivate and energized faster when you wake up.

Mistake 2: Fighting the wrong enemy

Explanation/ Examples:

Depression can transform your bed from a space of where you sleep into a space where you die. And because of this, many people make the following mistake

You use aggressive coaching styles on yourself like...

"Common girl don't be lazy... GET UP! Your kids are counting on you... Don't be a useless mother..."

Problems caused by this mistake:

This causes your body to fight against you. It delays your healing process making your depression last longer. **See the scientific fact (top right) for why this happens.**

SCIENTIFIC FACT:

Reacting negatively to your depression stops your body from producing two protective hormones called DHEA and Oxytocin. These hormones help make you more resilient to stress and pressure ([Read the evidence here](#))

Best solution

Bathe yourself in bucket loads of self-compassion.

How does this help exactly?

Treating yourself compassionately in the low phase of depression encourages your system to produce DHEA and Oxytocin. This promotes healing. Helps your brain cells regenerate.

WARNING!

Compassion must be balanced with action otherwise you could still risk pushing yourself into the vegetative depressive state. See next page...

Mistake 3: Giving in to depressive fever

Explanation/ Examples:

You know how you have a strong urge to snuggle up with a hot-water-bottle when you have a fever... But then the nicer the warmth got the worse your fever got?

Depression does the same thing. In the low low phase of depression you'll have a strong urge to do nothing. But the more you do nothing, the more depression gets worse.

Problems caused by this mistake:

There mistake creates a negative feedback loop - Reduced activity promotes depression... Then depression weakens the body leading to more reduced activity till you are stuck frozen in bed.

SCIENTIFIC FACT:

A group of men and women who generally exercised 30 mins at least 3 times per week were asked to stop exercising. The participants began exhibiting depressive symptoms by the end of week 1.
[\(Click to read more about this\)](#)

Best solution

DON'T Exercise... This will work against you.
Instead build yourself into activity.

Exercising in the low low phase of depression is mostly impossible because you'd be struggling to get out of bed.

So start in baby steps. If you can't get out of bed... Practice sitting up in bed every 30 mins and lie back down. Do this for a few days... Then walking around your room... Make your self a drink etc...

Doing this will get you back to being able to exercise faster than anything else.

Mistake 2: Junk food feasting

Explanation/ Examples:

As depression begins to set in, one of the first things it disrupts is your appetite...

First you go without eating for a whole day. Then you get sugar cravings and eat a lot of junk food at a go and hate yourself even more.

But did you know eating this way promotes inflammation in your brain? **See scientific fact (top right).**

Problems caused by this mistake:

- Regular Junk food feasting like this deprives your brain of necessary nutrients it requires for healing itself. This causes you to slide further down into depression.
- **Also contributes to foggy brain symptoms.**

SCIENTIFIC FACT:

Many studies have linked inflammation to depression. ([Read more](#)). Some studies have also linked the high intake of added sugar to inflammation ([Read more](#)).

Best solutions

1. **Take an overdose of omega 3 before sleeping every night. This helps you wake up feeling energized and motivated in the mornings. Omega 3 is also the only source of essential ingredients for brain cell repair. ([Watch this video](#))**
2. Personally I hate coffee... But surprisingly, many studies have found that regular intake of coffee reduces the risk of depression. So you may benefit from adding this to your diet. ([Read this article](#))
3. **Drink a glass of cold water as soon as you wake up to feel energized faster. Drinking PLAIN water regularly has been found to decrease the risk of depression ([Read this study](#))**
4. Eat a balanced meal regularly to keep your brain resourced with the energy and ingredients it needs to function. And remember to keep the use of refined sugar really low if you must have it.

Mistake 5: Leaning too much on nights

Explanation/ Examples:

How often do you stay up really late at night in hopes that by doing this, you can somehow delay the next morning from coming.

Cause nights are comforting. No phone calls. No jerking traffic noises. No demanding people. For few hours you can drop the pretence of coping and be yourself.

But do these benefits outweigh the costs?

Problems caused by this mistake:

- Regular late nights messes with your body clock making you feel groggy and horrible for a greater part of your morning.
- **This contributes heavily to the slippery slide into depression**

SCIENTIFIC FACT:

Irregular sleeping patterns can disrupt your body clock (circadian rhythm) ([Read more](#)). A disrupted body clock then leads to severe morning depression. ([Read more](#)).

Best solutions

1. **Switch off the lights early to promote your body's production of melatonin (natural sleep hormone). You can take additional melatonin to help aid this process.**
2. Go to bed early even if you are not tired.
3. **Practice good sleep hygiene like having a warm bath before going to bed. Switching off all your devices, playing calming music.**
4. As much as possible, avoid sleeping during the day time. This will eventually help you feel more sleepy during the night and more alert in the mornings.

Mistake 6: The fulfilment trap

Explanation/ Examples:

Do you ever feel like the mere act of existing has become exhausting?

You see, depression steals is your ability to experience joy from who you are and what you have. It then tricks you to make a common mistake that kills off your desire for life every morning.

Depression tricks you to wait to feel fulfilled instead of proactively grabbing it back.

Problems caused by this mistake:

As you wait for your feeling of fulfilment to return, this begins to intensify other depression related problems and symptoms. Eventually this produces a self feeding loop the prolongs your lack of enjoyment.

SCIENTIFIC FACT:

Mastery of pleasure is a strategy popularized by Aron T Beck's CBT movement. Mastery of pleasure is the final step in the Behavioural activation process. [\(You can read more about it here\).](#)

A 2 step solution

1. Use past resources to regenerate your ability to feel pleasure. Engage in activity that previously gave you fulfilment without expecting to feel fulfilled. Yes this will be hard to maintain at first, but if you keep at it, this will eventually retrigger your ability to feel enjoyment again.
2. Practice noticing small pleasures... Because of depression, you are more likely to attend to negatives around you. So start practicing gratitude for the small achievements you have. This is like muscle building for the brain.

Mornings are a lot nicer once you can feel enjoyment again.



Mistake 7: Lamb to the slaughter

Explanation/ Examples:

You know how when you wake up in the morning and your mind has been offline for many hours...

You open your eyes and within split seconds all your reasons for being unhappy... Your life story... Your identity come back online.

And without realizing it, you've followed that identity down the spiral of pain and suffering that can sometimes feel like death itself...

Problems caused by this mistake:

This the 2nd biggest mistake causing morning depression. And because you've made this mistake so many times, the downward spiral is now so quick that it happens before you're fully conscious and awake.

How on earth do you stop something that derails you like this the very moment you wake up properly?

Because If you can't stop this negative spiral, you'll always struggle with morning depression.

This is such a crucial and complex mistake that it would be impossible to fully describe how it develops and how to combat it in the few words I have available here.

That's why I have described it in detail in the video you bought on the page where you downloaded this guide.

If you have not bought the video package yet, it is just £7 This same package May be going up to £ 50 in soon.

[So please grab it now before the offer ends](#) and learn how to stop making this mistake. So you can stop the negative spiral before it happens every morning.

We have one more final mistake to cover. This is the biggest ever mistake leading to morning depression...

Mistake 8: Keeping the brain too hot

Explanation/ Examples:

It's hard to be fully engaged in life without taking on pressure that makes you depressed again.

You know you have a lot of potential for success. So you put the energy in to build your career up... And you work on your relationships. You even do the healthy living and exercise thing.

But then after all that... You get depressed again

Problems caused by this mistake:

You lose the hope of ever having a life without depression. You lose trust in your ability to keep yourself well. This creates a lot of anxiety causing you worry about getting depressed again and stopping you from enjoying the life you have now.

This is the biggest mistake that brings back the cycle of morning depression. However because of the very subtle nature of the mistake, you may not even realise you are making it.

In most cases, you will even believe you're doing something positive.

Essentially, this mistake is caused by relying too much on certain behaviours that eventually lead to experiencing too much psychological pressure. This is what causes you to get depressed all over again.

For example: One former client was surprised to realise that... It was his practice of ensuring that he was always positive and happy that kept his depression alive.

Yes it can be that warped and complex !

That's why I have taken my time to explain how to avoid this mistake in the video and e-book you bought with this free PDF. So grab it now before the offer ends if you have not yet done so.

How to make this system work for you!

After reading through this PDF guide, chances are you've become increasingly depressed as there's just so much to do.

And perhaps this intensifies your lack of confidence to see the whole process through. You fear you'll procrastinate forever... Or you fear you will make mistakes as you try to implement all the suggestions.

The truth is that you are now in a much better place than lots of other people who try to figure all this out with no guidance.

They are all walking in the darkness. And trial and error is a recipe for failure.

But for you...

You no longer have to fumble in darkness, you just need to be patient with yourself as you implement all the steps in this guide and then supplement it with the practical advice from your strategy session, the video and e-book.

This will give you a winning solution that will give you the confidence that you can cope with the rigours of normal life without getting depressed again.