



### **3 Stages of Healing**

---

*depression and anxiety*



Copyright © 2013 All Rights Reserved Lee Horbachewski

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional or medical problems without the advice of a physician. The intent of the author is only to share her story and provide resources and links that are current at the time of publishing to help you in your quest for your emotional wellbeing. The service of a qualified and competent mental health professional is strongly encouraged.

SimpLee Serene  
[www.SimpLeeSerene.com](http://www.SimpLeeSerene.com)



## Statistics

*Statistics are human beings with the tears wiped off*

*“In Canada the equivalent of one jumbo jet full of people would have to crash to the ground once a month for a year to equal the lives lost to suicide. If we had airplanes falling out of the sky monthly – there'd be a national outrage – commissions and investigations.” ~*

*Bill Wilkerson ~*

- 1 in 5 Canadians – almost **7 million people** are impacted by mental illness.
- Women are **two times more likely** to experience depression than men.
- Age with the **highest rate** of depression symptoms: **Under 20 years of age.**
- The percentage of people with depression who **never seek treatment - 90%.**
- At any given time **15% or 1.2 million Canadian children and youth** are affected by mental illness.
- The percentage of women who will develop **postpartum depression -15-20%.** Over **4000 people die by suicide** in Canada each year.
- **Men** account for **78%** of **suicides.**
- Of those who die by **suicide, 95%** have either a mental illness or a substance abuse problem, only **15 – 20% receive help** in the mental health, substance abuse treatment system.

Statistics from Mood Disorders Society of Canada [www.mooddorderscanada.ca](http://www.mooddorderscanada.ca).



## Awareness, Acceptance & Action

*Taking the steps to embrace and allow your journey to unfold.*

There is a need for a simple approach to dealing with an illness that is easy to hide, isolate, withdraw and go into overwhelm. Applying these three steps will serve you in honoring the truth, detaching from the outcome, and intentional action.

Let's look at an example: I am not myself and haven't been for a while. My moods are all over the place and I am having trouble sleeping. My eating is all over the map, I cry for no reason and I feel isolated and helpless.

**Awareness:** The truth is, I'm not sure what is wrong with me, but I definitely know something isn't right.

**Acceptance:** I am not well, I need to trust in others to support and help me through this, surrender to what I need and find out what is wrong.

**Action:** Today I am going to book an appointment with my doctor and/or reach out to someone I trust and let them know honestly how I am feeling.

Another way to look at it: you are already aware of your depression and/or anxiety and you need tools to step through it.

Here is an example of stepping through a situation.

**Awareness:** The truth is I am experiencing an anxiety attack.

- What is the trigger?
- What are the physical signs?
- What are the emotional (feelings) signs?

**Acceptance:** I need to accept that this is happening in this moment. I am surrendering and letting go of the outcome.

- How can I detach from the outcome?
- How can I be in this present moment?

**Action:** I need to breathe and relax, take the steps I need in this moment.

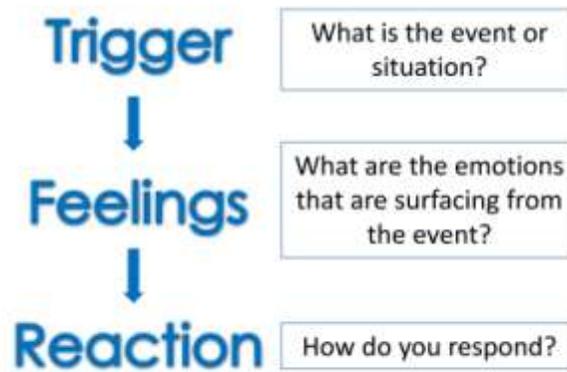
- What characteristics do I need to display right now?
- What tools do I need to use?



## Awareness – The Truth

*I am willing and open to listen to my truth.*

Being willing and open to listen to the truth may seem daunting. The truth can be a scary place to be. The gift of facing and listening to the truth is freedom and an ability to move forward.



Copyright © All Rights Reserved Lee Horbachewski & Simplee Serene.

At any given point of time there is a trigger point - an event or occurrence that creates a feelings. You then react with a behavior. For example:

**Trigger:** An outburst of unexplained crying.

**Feelings:** Scared, alone, angry, frustrated, fearful and sad

**Reaction:** Suppress the emotions and how I am feeling from others, withdrawal.

What are you denying or pretending not to know?

---

What is your fear of acknowledging the truth?

---

What is one step you can take to move past the fear?

---



## Acceptance – Surrender and Let Go

---

*I have the strength and courage to surrender and let go*

Now that you have identified the truth through awareness, the next step is to accept it. You can be aware of something and remain stuck, accepting the truth will help you move forward, bring freedom and the ability to begin to move onwards and upwards.

Going back to our example:

**Trigger:** An outburst of unexplained crying.

**Feelings:** Scared, alone, angry, frustrated, fearful and sad.

**Reaction:** Suppress the emotions and how I am feeling from others, withdrawal.

In the midst of depression an outburst of unexplained crying is a common symptom. A mixture of emotions can arise that may cause many different reactions. Embrace and allow the emotions to flow, don't fight them as this can lead to prolonged emotional pain and anxiety.

What characteristics/personality traits do you need to embrace to move forward?

---

If you were to accept this, what might happen that you now want?

---

If you were to meet this block with love, what would that look like?

---

If you were living in acceptance right now, what would that look like and how would it feel (visualize)?

---

To whom can you reach out to help you accept the truth?

---



## Action – Conscious and Intentional Action

---

*I recognize and accept that sometimes I need to take baby steps.*

Now that you have faced the truth and accepted it, it's time to take action. Conscious and intentional action can be baby steps (taking bite size chunks at a time) to massive action steps. You choose the course of action that honors you in this moment.

Going back to our example:

**Trigger:** An outburst of unexplained crying.

**Feelings:** Scared, alone, angry, frustrated, fearful and sad.

**Reaction:** Suppress the emotions and how I am feeling from others, withdrawal.

Being aware and accepting the feelings leads to taking healthy action. This only happens when you have fully accepted, surrendered and let go. We can now look at a healthy reaction:

Healthy reaction: I honor the feelings, allow them to freely flow, ask for support and what I need.

What are the steps you need to take?

---

What does the final result look and feel like (visualize how it will feel: notice who you are being and what character traits you are displaying. Make note of *all* of these.)?

---

What may hold you back?

---

How will you move past this?

---

Who can you reach out to for support?

---



## Resources

*Help is at hand*

### 24 Hour Crisis Resources

Distress Centre	403.266.HELP (4357)	<a href="http://www.distresscentre.com">www.distresscentre.com</a>
Suicide Hotline	1.800.784.2433	
ConnecTeen	403.264.TEEN	<a href="http://www.calgaryconnecteen.com">www.calgaryconnecteen.com</a>
Global 24-Hour Crisis Lines		<a href="http://www.befrienders.org">www.befrienders.org</a>
Kids Help Phone	1.800.668.6868	<a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>

### Education and Resources

Canadian Mental Health Association		<a href="http://www.cmha.calgary.ab.ca">www.cmha.calgary.ab.ca</a>
Centre for Suicide Prevention		<a href="http://www.suicideinfo.ca">www.suicideinfo.ca</a>
Mood Disorders Society of Canada		<a href="http://www.mooddisorderscanada.ca">www.mooddisorderscanada.ca</a>
Living Works		<a href="http://www.livingworks.net">www.livingworks.net</a>

### Calgary Counseling and Psychologists

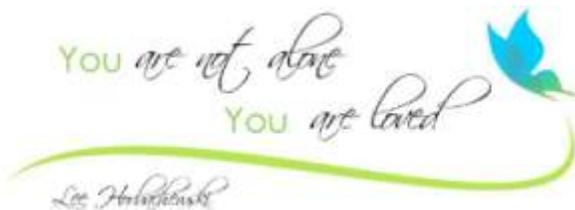
Serenity Now Wellness Centre	403.454.7600	<a href="http://www.serenitynowwellness.ca">www.serenitynowwellness.ca</a>
Gemma Stone	403.255.0898	<a href="http://www.gemmastone.org">www.gemmastone.org</a>
Distress Centre	403.266.HELP (4357)*	<a href="http://www.distresscentre.com">www.distresscentre.com</a>

\* Call 403.266.HELP (4357) and ask for an intake to counseling.



To many, I am known as SimpLee Serene, my name is Lee Horbachewski. SimpLee Serene is derived from the words **simplicity** and **serenity**, both of which I highly value and hopefully inspire you to find. One of the definitions of serenity is "shining bright & steady." I believe that no matter where you are at, or how you are feeling you can shine bright & steady, even in the face of depression and anxiety.

I know too well how you feel. In 2004, I spiraled down into the dark pit of both depression and anxiety, which led me to be hospitalized in a psychiatric ward and resulted in numerous attempts on my life. Thankfully, I am here today... alive and well, filled with gratitude that I chose life.



[www.SimpLeeSerene.com](http://www.SimpLeeSerene.com)  
[www.facebook.com/simpleeserene1](https://www.facebook.com/simpleeserene1)  
[www.twitter.com/leehorbachewski](https://www.twitter.com/leehorbachewski)  
[www.youtube.com/user/simpleeserene](https://www.youtube.com/user/simpleeserene)