

Quotes on Depression

“Depression is only a perception and one is ONLY liable to "get" depression if one refuses to change themselves and their outlook and their inlook.... perception.”

“Depression is nourished by a lifetime of ungrieved and unforgiven hurts”

Penelope Sweet

“The other thing is that if you rely solely on medication to manage depression or anxiety, for example, you have done nothing to train the mind, so that when you come off the medication, you are just as vulnerable to a relapse as though you had never taken the medication.”

Daniel Goleman

“The best insurance policy for tomorrow is to make the most productive use of today. A lot of what passes for depression these days is nothing more than a body saying that it needs work.”

Geoffrey Norman

“You largely constructed your depression. It wasn't given to you. Therefore, you can deconstruct it.”

Albert Ellis

“Depression is the inability to construct a future”

Rollo May

“Depression is rage spread thin.”

George Santayana

“...Depression is not sobbing and crying and giving vent, it is plain and simple reduction of feeling...People who keep stiff upper lips find that it's damn hard to smile.”

Judith Guest

“Depression is merely anger without enthusiasm.”

Steven Wright

“Depression is a prison where you are both the suffering prisoner and the cruel jailer.”

Dorothy Rowe

“For me being depressed means you can spend all day in bed, and still not get a good night’s rest.”

Unknown

“Depression is a choice.”

A.B. Curtiss

“This is my depressed stance. When you're depressed, it makes a lot of difference how you stand. . . . The worst thing you can do is straighten up and hold your head high because then you'll start to feel better. . . . If you're going to get any joy out of being depressed, you've got to stand like this.”

Charles M. Schulz

“Concern should drive us into action, not into a depression.”

Karen Horney

“Do not brood over your past mistakes and failures as this will only fill your mind with grief, regret and depression. Do not repeat them in the future.”

Sivananda

“Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.”

Grenville Kleiser

“It is so often true that whether a person carries with him an atmosphere of gloom and depression or one of confidence and courage depends on his individual outlook.”

James Keller

“The best cure for worry, depression, melancholy, brooding, is to go deliberately forth and try to lift with one's sympathy the gloom of somebody else.”

Arnold Bennett

"Failure is the key to success; each mistake teaches us something."

Morihei Ueshiba

"...and then the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

Anais Nin

"If you do not change direction, you may end up where you are heading."

Lao Tzu

"We choose our sorrows and our joys long before we experience them."

Kahil Gibran

“Death is not the biggest fear we have; our biggest fear is taking the risk to be alive...the risk to be alive and express what we really are.”

Don Miguel Ruiz