

HOW TO:
SHIFT ANXIETY
AND DEPRESSION
INTO
OPPORTUNITY AND
PASSION FOR LIFE

BY DEREK HUTCHINS

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I create my own path.

I refuse to let the past define me, instead I'll take what I've learned and turn it into fuel to power my journey to a higher purpose, not with anger, but with love.

I will love myself first so that my love will flow into others and inspire them to take action in their lives.

I will lead by example so the next generations of men have someone to look up to.

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<https://vanguard-republic.mykajabi.com>

OUTLINE

1. EASY TO FOLLOW SCHEDULE

2. DAILY MOVEMENT REGIMEN

3. HEALTHY DIET

4. MINDFULNESS PRACTICE

5. VISION FOR THE FUTURE

PROLOGUE

As someone who's suffered from severe anxiety, depression and PTSD, I understand the hardships and mental struggles one faces to live a happy and fulfilled life. We all have choices to make and I decided it was time for me to turn around my darkness and shine my own light to help others. I am but one among the multitudes who suffer from panic attacks, PTSD, and anxiety/depression. However, as someone who has conquered this challenge in my own life, I'm sharing the knowledge I gained in hopes others can cast away these debilitating conditions.

In this e-book I outline the key steps which allowed me to shift my perspective and start living my dream life. Before I detail the action steps I followed, I want to discuss the importance in mentally making a conscious decision to change. When you find yourself at the bottom of the pit where it seems impossible to grind your way back to the top and going in the ground is the only thing that feels certain; always choose to grind it out. Death is a permanent solution to a temporary situation. Nothing but death is permanent, nothing but death lasts forever and life is as beautiful as we choose to make it. So let's choose to be happy, even when we can't remember what being happy means. Let's choose life, whenever life feels overwhelming and scary. Let's choose to make the shift in our minds first, then step by step move out of the pit, away from the darkness by living each day one at a time, nice and slow. Eventually your anxiety will shift into action and your depression into a burning passion to step into your best life.

We all have the ability to make a change, in any direction and at any moment in our lives. We may believe we are tied down to certain relationships, careers, locations, etc. mostly because starting over seems overwhelmingly difficult. Let me be the first to tell you, make the choice for yourself when it's time to make the shift. Do not wait until the universe slams

you head first into the bottom of that pit where all is lost and there is nothing else to do but to make the change. We have the ability to be the architects of our own lives. Now more than ever, we need to look deep within ourselves to determine the vision of what our realistic dream life looks like then begin taking the deliberate steps to achieve it.

1.

EASY TO FOLLOW SCHEDULE

Step one after you have decided to make the shift is creating a daily schedule. This schedule should be easy to follow and not overwhelming. In most cases, and certainly in my own, creating healthy daily habits along with a structured routine are the biggest asset in achieving your goals. When you find yourself caught in the darkness of depression and anxiety causes you to freeze, you need a pre-planned process to escape from that place in your mind and stay securely grounded in your life. A well prepared schedule will force you into your body and into the routine of your life. Start off small by creating a simple morning wake up routine. The purpose is to achieve small positive wins throughout the day. These wins will gradually build up momentum, providing that sense of accomplishment and self-worth leading to a more confident you and a way out of our depression. One must realize, depression is a choice just as happiness is a choice. I understand fully what it's like to be caught in the vicious cycle of depression and those overwhelming feelings of doom. It's a place we may hate, yet feels so familiar we don't know who we are without it.

If you are reading this material because you are sick of being stuck, are praying for a solution, are seeking a way out... consider this your wake up call! You're the only one who can save yourself. You hold the key and I know you're ready to choose YOU. Following your morning routine while achieving small wins will begin reminding you who you are outside of that dark hole.

I start my days off easy and small, then build up to the bigger tasks as I gain some momentum and a sense of worth. It's as easy as waking up and getting out of bed. For some of us, this can be the single most challenging thing we face. That urge to stay in bed and not move. If we don't think about the hardships of the day, they go away right? Not quite. So get out of bed, take a shower, eat breakfast, take your vitamins, have your coffee, brush your teeth... make a list of these actions to accomplish at the onset of your day. All of these little tasks will build up to generate a positive start to your day. Staying in bed is not the answer if you're ready to get out of the shit.

Students of my course, "Vanguard Republic," create daily schedules that they can easily follow. Your schedule should be simple, create momentum throughout the day, and allow for successful completion of tasks. Here is my daily schedule, and some of the positive habits I've created to help shift my life.

5:00- Wake Up (Start Morning Routine)

5:00-5:15- Journal My Gratitude and Set Daily Intentions

5:15-5:30- Get Dressed For The Day

5:30-6:30- Coffee and Breakfast, Vitamins

6:30- 7:30- Make a List Of Tasks That Need Done Today

7:30-8:00- Morning Walk

8:00-10:00- Work with Clients, Start Getting Tasks Done

10:00-11:00- Meditation, Reiki

11:00-1:00- Workout

1:00-2:00- Lunch

2:00-5:00- Projects and More Tasks, More Clients

5:00-5:30- Dinner

5:30-6:00 Evening Walk

6:00-8:00- Evening Clients

8:00-8:15- Start Bedtime Routine (Night Tea and Vitamins)

8:15-9:00- Shower, Brush My Teeth, Meditate, Reiki

9:00- Lights Out

At this stage my schedule evolved over time after a highly thought out, trial and error process. My first daily schedule looked like this,

6:00- Wake Up

6:30- Journal and Take vitamins

7:00- Coffee and Breakfast

7:30- Morning Walk

8:00- Shower

9:00- Clients

11:00- Meditate and Workout

1:00- Lunch

2:00- Tasks

4:00- Clients

6:00- Evening Walk

6:30-8:30- Clients

8:30- 9:00 Meditate, Shower, Brush Teeth Vitamins

9:00- Lights Out

Make it simple. To be totally transparent, when I first started I was a complete shit show of anxiety and totally overwhelmed. I couldn't even tell you what time I did anything. All I had to do was complete 4 things each day, outside of my work, so I could consider the day a win. If I accomplished nothing else but these 4 things, I could go to bed happy and feeling positive. My initial 4 things where; taking a shower, taking my vitamins, eating breakfast and brushing my teeth. That was all I could handle without losing my mind and that made for a fucking great day. It's totally fine to start that basic. I gradually started feeling better and became ready for more challenges. I eventually added: working out, taking walks and meditating as those are crucial steps to enable feeling good about yourself while naturally boosting your energy and stimulating your endorphins or feel good hormones.

Eventually you will be able to establish a rigorous list of tasks to accomplish during your dream day, which will be totally completed by days end. Until then, start with your

basic daily tasks and start winning your days! It's only a matter of time before your body starts to catch up to the shift you have in mind. The transition from depression to happiness is simple and just completing these small steps daily will lead to huge gains.

It's vital for your body to get into a circadian rhythm by waking up and going to bed at the same time each day. This step is important to maintain your hormonal balance. At first, I was waking up every hour with anxiety issues making sleep difficult. I began meditating and thinking about all the things I'm grateful for while reassuring myself that I'm wasn't in danger and everything was just fine. I truly believed I was experiencing these dreadful feelings for a reason and was certain I would get through it. Now I've created an online course where students are conquering their demons and changing their lives day by day. What will you create on the other side of your depression and anxiety? Let's start focusing on the great things to come. By maintaining your schedule, eventually your body will adapt to where you will naturally wake at the same time and be ready for bed at the same time. Just remember, one day at a time and your freedom awaits.

2.

DAILY MOVEMENT REGIMEN

Our second step is to exercise our bodies daily. As I mentioned in the previous chapter, my daily schedule began with 4 simple steps then progressed to include working out and walking. So for our second step, we are going to include some form of exercise into your daily routine. As the world is currently in the middle of the Covid-19 pandemic, your routine may vary from one location to another depending on what restrictions are in place. Until this pandemic subsides and other options become available do whatever you can to get moving. I am very fortunate as my girlfriend and I are personal trainers who progressed into nutrition coaches and now, over a decade later we are personal development coaches with our garage converted into a training facility. With our current situation, I realize most of you will not have access to gym equipment, so let's just start off by finding available ways to get your body moving and feeling a bit of self-love. Use whatever equipment you may have at home (bicycle, treadmill, free weights, etc) or simply use body weight exercises. There are so many programs for at home workouts available online right now so take advantage. Most of all, do something you enjoy and look forward to doing on a daily basis.

Developing an exercise routine may be difficult at first, just as implementing anything new, but you have established your mindset to make a change so stay committed. Keep creating small wins each day and get moving! Start off with daily walks gradually adding more strenuous activities as time goes on.

One of the first lessons I strive to instill in my Vanguard Republic students is the importance of daily gratitude and exercise. We start with fifteen minute, daily gratitude walks. Gratitude walks are super simple and very rewarding. You literally just walk for fifteen minutes while concentrating on whatever elements in your life you are grateful for. One can either say their gratitudes out loud or to yourself. However, if you are in a really tough place and not feeling self-love, I highly recommend vocalizing your thoughts out loud. Gratitude walks boost your natural energy vibration which promotes a soothing, calming effect allowing you to feel better and happier. It really is that easy! Whenever you find yourself dealing with those dark thoughts, simply redirect your focus with gratitude. No matter what turmoil is going on in our lives, we always have things to be thankful for. The sky, scenery, sounds, feelings, friends, talents...the list is endless once your focus shifts.

Initially my progression was really slow as I could not think of anything to be grateful for; I felt so lost, so sick, so down on myself. I literally started off by being grateful I had hands and feet. Then I was grateful for the trees, for the smell of fresh rain, and finally my family. As the days went on, I was able to find so much more to be grateful for. Eventually I began reason why I was grateful. This system has provided enormous relief for myself and my students.

After you've become accustomed to your daily gratitude walks, explore other workout options. Personally, I love lifting weights and body building workouts while my girlfriend loves hardcore Crossfit, destroy yourself workouts. I suggest starting off slow and easy to determine which form of exercise you enjoy doing every day and what works best in order for you to feel better in your body and mind. Yoga is another great form of exercise providing physical as well as mental stimulation.

Be active! Moving your body is really important and is what to focus on at this stage. Again, start off slow and easy while building up to something more intense as you feel more driven to do so.

3.

HEALTHY DIET

Thirdly, I want to focus on diet. Many studies have determined our mental health is directly linked to our gut health, clearly proving what we eat has a huge impact on how our body performs and how our mind functions. If you are interested, my online course covers this topic more thoroughly, just bear in mind getting your daily dose of fruits, veggies, healthy proteins, carbs, and fats is essential for feeling you're best mentally.

I noticed huge differences in my state of mind depending on my food intake. I found I am at my best when eating frequent, good quality, balanced meals. It's crucial not to let your blood sugar levels drop too low, as that has a huge effect on your mood, so try eating smaller proportions more often throughout the day. I can tell if I haven't eaten for a while because my negative thoughts and self-doubts flare up when I run out of fuel. This often happens before my body's hunger response let's me know I need to eat. Develop an awareness how the foods you consume affect the way you feel.

Supplemental vitamins have also helped me regulate my mood swings, but before relying on supplements, make positive changes in your diet to see how you feel before relying on supplements.

Macro nutrients, which are broken down into proteins, carbohydrates, and fats, are the basis for the nutritional value of the foods we consume. The amounts we eat of each of these nutrients has a huge effect in our overall health as well

as our mental function. The exact amounts of these nutrients will not only vary from person to person but will also vary depending upon your physical activity, your stress levels, your quality of sleep and the amount of energy you burn during your day.

A nutrition coach first looks at the amount you consume in relation to your base metabolic rate or the rate at which you burn calories just by waking up. Next your total daily energy expenditure is calculated using your daily activity levels. Try eating a fair amount of proteins, carbs and fats with every meal. What's a fair amount? The amount varies by individual so I outlined three good examples of balanced meals for you, breakfast, lunch, and dinner.

A great balanced breakfast would include two eggs, one cup of blueberries, turkey bacon, half a small avocado and a slice of whole grain toast.

For lunch: four ounces of chicken, one cup of brown rice, two cups of broccoli, and two tablespoons of peanut butter.

For dinner: four ounces of steak, two cups of potatoes, and grilled asparagus.

Serving sizes also vary from person to person so even my suggested serving sizes could be completely different for you. If you have no idea what to do, begin with my suggestions and proceed with your focus on how you feel. Each meal has protein, carbs, and fats. I would also include snacks in-between those meals and I decide what to eat for my snacks based on how many macros I have left for my day. For example, if I eat more protein and fat for breakfast, I may add more carbs for my snack. Or if I'm preparing to workout, I may have a few more carbs and a little protein but less fat. Even that little bit of juggling can get complicated and overwhelming so start off by trying to eat 3 balanced meals each day. If your appetite grows and your weight doesn't, increase the quantity of your meals and snacks; use hunger as your guide.

When I was battling my way out of depression, all the anxiety attacks made it nearly impossible to eat. I was so sick to my stomach I wouldn't feel like eating for days at a time. I

would try my hardest to eat balanced meals. Even knowing the importance of eating healthy, there were days when I just ended up eating whatever my stomach could handle. If this is the stage you're in, don't worry, just eat what you can and when you can. Continually work toward eating more frequently and making healthier choices. Over time your body will adjust. You will start feeling hungry and a sense of normality will return.

If you have a healthy appetite but aren't really aware what you're consuming, try using a food tracker. I use "My Fitness Pal" for my clients as well as myself. Be conscientious what you are putting into your body and learn the macro nutrient breakdown of your foods.

By implementing quality food choices on top of your exercise regimen and in conjunction with your daily schedule, you will be well on your way to defeating depression while rejuvenating your happiness and passion! All it takes is a commitment to allow little changes while following a daily routine, which over time enhances your mental health, your perception of life and perception of yourself.

4.

MINDFULNESS PRACTICE

The fourth step is adopting a mindfulness practice. Mindfulness can be interpreted in many ways so let me clarify what I mean. Mindfulness is a spiritual connection one develops within yourself and in relation to a deeper meaning outside of ourselves. For some this may mean God or some entity you associate with a higher value and purpose. Perhaps you may not believe in a God or higher power at all and you associate more with energy and power from within. I find myself sort of in between; I believe in a higher connection to a source of energy and power within the universe. A power with a greater vibration which also runs inside of myself while connecting me to the universe (earth, planets, solar system, etc.)

Mindfulness is being able to relate to whatever connection we have that allows us to know we are not alone. We don't have to face and overcome challenges on our own. It's ok to voice our needs and fears without judgment or ridicule. If you are afraid to be yourself around those closest to you, perhaps you need to take a deeper look at who you are letting into your inner circle.

A mindfulness practice is just that, a practice. A practice you can add into your daily schedule, which keeps you grounded along with a sense of connectivity between yourself and the earth around you. I previously mentioned yoga as a source of exercise but yoga is also about connecting to yourself, calming your mind, and being present in the moment. All of those things are about being mindful.

Meditation is another amazing form of mindfulness which allows us to view our thoughts as a third party rather than experiencing them with the emotions that overwhelm us. Meditation helps us realize our thoughts are just thoughts and they are not actually a part of us energetically. We have no control over our thoughts. Whatever thoughts pop into our minds are there whether we choose them or not. However we do have the ability to control how we react to our thoughts. We must not allow our thoughts to control us. A thought is just a thought until we decide what to do with it. That deciding factor is how we maintain control over our thoughts.

In the middle of a panic attack, the last thing on your mind is realizing and convincing yourself that your thoughts are not in control. In that moment one feels so out of control it's hard to imagine being able to divert any part of the thought process or deal with the chaotic emotions involved, not to mention the physical trauma your body is experiencing as well. During those dreadful moments, my key for escape was to gain control of my breathing. By focusing on my breathing; taking slow, deep and deliberate breaths, I was able to calm myself. I could regain my composure, talk myself off the ledge, realize I was safe and once again take control of my thoughts and emotions. During this process the harsh physical effects subside as well.

I attribute my ability to overcome panic attacks to maintaining my daily practice of meditation along with a positive mindset. Initially I had no clue what I was doing or how to begin the meditation process. Thankfully we live in a time where YouTube, Spotify, Facebook, Instagram and other online platforms provide life changing information with content on everything imaginable.

I simply googled meditation, which led me to guided meditations on YouTube. The very next week, my Reiki Master introduced a 21 day meditation on Instagram. Links to her YouTube and Instagram materials are listed in my author bio at the end of this book. It was during the 21 day meditation where I quickly learned how to meditate. There

are also some good meditation materials on Spotify that guide you through the process.

We have so much information at our fingertips, all we have to do is take the initial first steps and begin exploring our options. With all of this information we must be wary of our mental diet and proceed with caution as there is just as much detrimental information available as there is beneficial. In other words, we need to be mindful what information we choose to consume through social media, news, television, people, etc. Make sure your mental diet consists of healthy things for your mind. Its fine to watch the news a bit and understand what's going on in the world or check a few friends status updates online, but don't let it consume you. There is a lot of garbage online and its super easy to go down a rabbit hole that leads you even deeper into your own depression. If need be, set an alarm or give yourself a certain amount of time to check the news or social media, and then get back to your healthy habits and daily schedule.

With meditation as a tool in my arsenal, whenever those overwhelming feelings or thoughts start sucking me into the darkness of depression, it only takes a moment for me to sit, clear my mind and shift my focus to the present. I decide the atmosphere I want to create in this moment. Do I want peace? Do I want health? Do I want creation? I close the door on depression and go to the here and now.

When we are anxious we are living in the future, worried about things that could happen or might happen, these are not real or present dangers. When we are in a sad or depressed state of mind, we are dwelling in the past, overwhelmed by the could haves or should haves. It means we are not in the present so we must find a way to get us back to the here and now.

REIKI IS BASICALLY and I have been practicing Reiki for eight years. Reiki has played a vital role in overcoming past traumas and healing imbalances encountered in my life. We each have our own unique background and strong held beliefs but finding a mindfulness practice you can relate to

and believe in will help you get through your darkest moments.

I previously mentioned my Vanguard Republic students and their participation in gratitude walks. Gratitude walks are also a mindfulness tool which is helpful for staying in the present. Taking a gratitude walk can displace your fears and lead you toward what is real in your life. Through my course, I offer one on one coaching to assist and encourage students in letting go of past traumas and creating the life they want to live. If the Vanguard program seems like something you wish to try out, please reach out with the links provided. Watch for special offers as well. Whether you become a student or not, the steps I'm exposing you to are the exact steps which helped me conquer my demons and turn my life around. I am certain if you choose to learn and apply them, you will be rewarded as well.

5.

VISION FOR THE FUTURE

Our fifth and final step in dissipating your anxiety and depression is creating a vision for your future. We have identified the actionable steps to take on a daily basis to help overcome depression, discover passion for your life and defeat anxiety and fear. By implementing these steps you can change your life and find true happiness. This last step is key for creating whatever dream life you desire.

Without a vision and dream for the future, it's easy to slip back to those overwhelming feelings of depression, anxiety, and fear. This vision is what will keep you moving forward with a purpose. Creativity will overcome all the self doubts holding you back. Within creativity lies the answers to evolving your life purpose and passions. Our minds work overtime worrying about all the shit we need to take care of or being stuck in a boring, depressed life. What if we shift our focus toward more incredible experiences. Our minds work hard, so let's teach our mind to work for us and not against us. This step takes time. We have to be wary of negative thinking so whenever we start a downward spiral, we must redirect our minds back to the vision we want for ourselves.

Mindfulness will get us back to the present moment, and vision will hold us there. It's important not to get so caught up in your vision that you become anxious about your future, but hold it just enough to start creating a new schedule of what that life looks like.

Vanguard Republic graduates create a dream schedule. This is where they sit down and decide what it is they want their days to look like each day. In your perfect, dream life, what would you be doing? Create a schedule based on that dream, and then slowly start to see where you can place those things into your daily schedule you created in step one.

Over time, you will start to see more of your dream life in your current schedule and before you know it, you will be living your dream life.

The really neat thing about all these steps are that they can easily be implemented at any time in your life. I am always revising these tools as well as the tools I teach in my course, to always keep myself in balance. The more I practice these tools, the easier it is to see when I may be focused on the wrong things, or I may be starting to feel anxious and overwhelmed. When I start to feel those feelings, I go into my practice, I make sure my nutrition is good, I stick to a daily schedule, I get my exercise in, and I focus on the dream life I want to live. And it pulls me out of the funk every, single time. So what does your dream schedule look like? What's your dream job? Where do you want to live? Who do you want to attract into your life?

I sincerely hope this helps you turn your life around as it has mine. I know what it's like to feel lost, hopeless, and at rock bottom. I will say this, it gets better, you stumbled onto this e-book for a reason. Everything in life happens exactly as it's supposed to, even if we don't realize the reason right away. Tap into yourself, now more than ever you need to trust yourself and believe in yourself. All the answers are within us, we just need to know where to look, and create systems for helping us find them and keep in touch with those parts of ourselves.

If you are still reading this, then I am 110% positive that you have gotten something valuable from this book to turn your life around! And if you want more help, please check out my course and join the Vanguard Republic community. It's my goal to provide as much value to you and to as many others as I can, so please share this with anyone you think could get

value from it. We don't have to go through the hard times in life alone, and changes are there is someone we can connect with through the same pains who has done it and we can learn from them. I send you all the love and reiki for healing and living your dream life! And hopefully I'll get the great pleasure of working with you in the future!

RESOURCES AND GUIDES

PATTI PENN- REIKI MASTER

<https://www.youtube.com/user/pattipenn/featured>
<http://www.pauseinjoy.com>

VANGUARD REPUBLIC

<https://vanguard-republic.mykajabi.com>

JAKE WOODWARD- SPOTIFY MEDITATIONS

[https://open.spotify.com/show/6lihTAjm9LKOi2UOcLrhbz?
si=Y7uLQAiGRbjVSx0uJVJUQ](https://open.spotify.com/show/6lihTAjm9LKOi2UOcLrhbz?si=Y7uLQAiGRbjVSx0uJVJUQ)

DEREK'S SOCIALS

<https://www.instagram.com/renegadeFIT/>

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ABOUT THE AUTHOR

Derek Hutchins has devoted his life to helping others. He is a coach, a healer, a guide, a trainer, and most of all, a lover of life. Derek has personally overcome PTSD from emotional abuse and traumas induced from a bad marriage. As well as blockages from his past that have held him back from getting where he wanted to go. He's using his own personal struggles with panic attacks, anxiety, depression, and fear to

provide you with his proven success and tools to overcome the challenges you are dealing with. He wants to share his life story and experiences with all of you in hopes to help you overcome your traumas and abuse and get you out of your heads and living your lives.

Derek has been a personal trainer for over 14 years, a Mater level Reiki healer for over 8 years, a nutrition coach for over 2 years, and is using this extensive background to help coach people on personal development and growth.

In 2013 Derek married his dream girl. Six months after their wedding, she developed cancer. Derek struggled for two years through the hardships and mental and emotional abuses that went along with the realizations that he was going to lose his wife to cancer. What he discovered was that she was faking her cancer, all the abuse was from her own doing, not that of the cancer.

Instead of letting this excruciating experience destroy him, Derek decided to turn his pain into passion. He has since devoted his life to helping others overcome traumas, abuse, and all the negative emotions that come along with them.

Derek wrote his memoir "Loving The Unlovable" in 2017 as a coping mechanism to help overcome the abuse he endured during his marriage, as well as to enlighten others about what the real life struggles can be with an inside perspective.

Since the pandemic hit, Derek noticed that there is a lot more need for healing in the world and helping people through struggles. Derek has a lot more tools that he wasn't sharing with the world until now. He has created Vanguard Republic, a course and community designed specifically to help people overcome the hardships in their lives and to live their lives to the fullest and to their highest potential.

It is Derek's highest hopes that he can have the honor of working with you further or your support on his social networks as he shares his life, his struggles, and how he has over come all of that to be in a healthy and thriving relationship with himself and his new girlfriend as they both build their dream lives and share them together!