

To Lift Up
AND CAUSE THEE TO STAND

LIFT YOURSELF UP



To Lift Up

AND CAUSE THEE TO STAND



LIFT YOURSELF UP
FIRST!

LIFT YOURSELF UP

FEELING FRAGILE

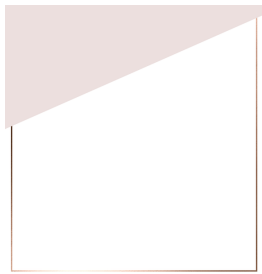
I have found when people are depressed, especially the ones we consider the strong ones, will go into their shell and hide. These people really do not want to stay in that place for long. Others need more time to think, get their head around things, they want to regroup by themselves. There can really be no judgement on these things when we are the outsiders. Take a moment and ponder on this whether you are trying to help someone else or even yourself. Take some time.

I have taught many classes and people will just start sharing. There are some of us (like me) who like to think about things more privately. A lot of times I am asked for handouts. It might be my generation but these are for you.

Right now this will not be really a book but a guide you can use for yourself and others even for church classes or where you work. It is for this purpose that this guide is in a work page format for simple distribution.

Seniors and Elderly people get hit hard trying to face the changes that are coming or that can be seen already. You may be in something that is over your head as you help someone. You may be the one changing. But both of you need to keep physically moving in some way. Yes, we have to deal with the emotional and mental challenges and need support. I will try to share more information on this site and links for help when I can as I continue to write in a blog format at first but providing more handouts in the future.

I do not want you to feel alone like I have felt in this endeavor. Though the To Lift Up web-site is more about wellness and fitness towards a physical element I will share what I can from an emotional, mental and spiritual perspective to help lift you while you are enduring your trenches of circumstances.



LIFT YOURSELF UP

FEELING FRAGILE?

Be of Good Cheer . . . and Start Here!

A Simple Brain Dump.

1) If you are feeling depressed - simply take a walk.

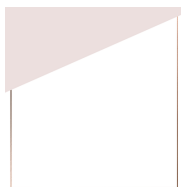
I know you have heard that before but maybe just "do it" this time.

2) Are you feeling out of Alignment? Where do you feel skewed?

- Your Identity (How you were before?)
- Your Priorities (What use to be important to You?)
- Your Habits (Have you given up on some of them?)

3) Before you work on Your Physical Strength - Let's Evaluate!

- *What Hurts? Your Mind, Your Body or Your Soul.*



LIFT YOURSELF UP

FEELING FRAGILE?

Be of Good Cheer . . . and Start Here!

A Simple Brain Dump. . .(continued)

4) What is Your “perceived” effort?

- **What feeds HARD!** (getting out of bed, facing the day, lifting anything, sitting, standing, sleeping, or just all of it!!!?)

5) Did YOU fall? (If you did, you better admit it (at least to yourself),

- **Is Something broken?**
- Are you **out of physical alignment** so you are walking differently?

6) Are you feeling Anxious and Stressed (maybe all the time)?

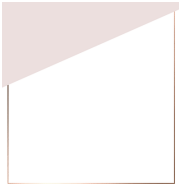
- **What are you doing . . .**
 - to calm yourself?
 - to create movement?
 - to get out of your head?
- **Are you Mouth Breathing**, over-breathing, hyperventilating way to much?

7) Are you reaching for PILLS or something else? (For stress, pain or sleep?)

- It's one thing to reach for a morning
 - but question how much you depend on it for sustainability
 - even energy drinks!
- That glass of alcohol can be a slide to increased depression.

8) How Can YOU Stop Doing That? (Next Page - Start Simply!)

LIFT YOURSELF UP



START SIMPLY * * * BUT START!!

LET'S MOVE!

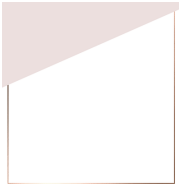
1) Simple Breathing (in a chair if needed)

- **Dr. Belisa Vranich** wrote a book called **Breathe**
 - **This is the link to her** Breathing Classes (**The Breathing Class**)
- Let's try her **"Rock & Roll"** breathing. (I use it a lot for myself and in my classes.)
 - My people usually start in a chair
 - Think of rolling forward, holding your belly in your hands as you breathe in and feel your ribcage expand as you breathe in.
 - Think of rolling back up, sitting tall, exhaling out through the nose as you tighten up your core including your sides. Think tighten!
 - You want to breathe in and out through your nose as best as you can. (Kindly note: I will eventually provide a video.)

2) Start Standing UP (the best you can)

- Start by Standing up, pushing yourself off if you need to
 - Push off the sides of your chair, into a standing position
 - Sitting back down, try it again, as many times as you can
- This will keep your legs strong, so you can keep walking
 - even if you need to use a walker to do so.

LIFT YOURSELF UP



START SIMPLY * * * BUT START!!

LET'S MOVE!

3) Step Outside (go out, come back in)

- even if that is all you can do to face the world today.

4) Take a WALK

- First walk around the house.
- Maybe try going up and down stairs.
- Then try going outside, do the amount you can do, then go HOME!

5) Check yourself in the mirror, if your stomach is pooching out, maybe you are just slumping your shoulders too much.

Your Posture Changes your Demeanor

- **Slouching causes you to:**

- Roll inward, with hunching over you curl ever so slightly, going into a ball.
 - It leads to pain in the neck, back and shoulders
 - It takes you into thoughts of depression
 - Check your posture in the mirror

- **Standing Tall You:**

- You Pull your shoulders down and back
 - You become lighter, you can push away thoughts of despair.
 - You are more willing to reach out instead of staying tightly tucked into a ball
 - You can pull yourself out of your own mind and out of the fetal position of feeling despair.
 - It is not a time to be modest
 - The Chest must push out - be like Superman!

LIFT YOURSELF UP

Remember where you've been

Was there a time when you were knocked down, so hard that you doubted that you would ever get back up again. The pain was too great to see past it.

Recall a challenge, a setback that moved you forward, letting you feel more assured.

Pause and reflect on your life events. Where you kept moving, persevered to feel confident again.

Find your bricks. See them as stones, ones that have paved the way to where you are standing now. Find peace in recognizing the in-between places that could not have been possible if not for the hardship of that stone. Really see your Life Events.

Remind yourself where you are Going

What's in your way right now? What seems to have no purpose and doesn't make any sense? Can you find solace in letting things come together for your good, even in a new direction?

Feel the pain, even the sorrow from the already laid stones, press pause and reflect on the moments where you did rise and pressed on.

Remind yourself you can still do hard things. You can "choose" to be happy when it's hard and this could be shaping you into the person you most want to become.



"Above all, do not lose your desire to walk: Every Day I walk myself into a state of well-being and walk away from every illness; I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it."

~ Soren Kierkegaard

Wash Your Face.
Make Your Bed,
And Pray.

"In the midst of hate, I found there was, within me,
An invincible love.

In the midst of tears, I found there was, within me,
An invincible smile.

In the midst of chaos, I found there was, within me,
An invincible calm.

I realized, through it all, that . . .

In the midst of winter, I found there was within me,
An Invincible summer.

And that makes me happy.

For it says that no matter how hard the world pushes against me,

**Within me, there's something stronger - something better,
Pushing right back."**

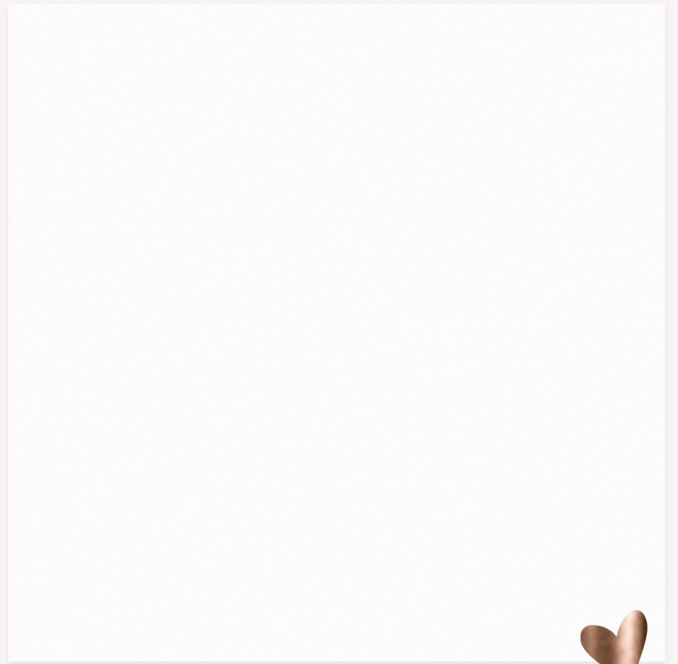
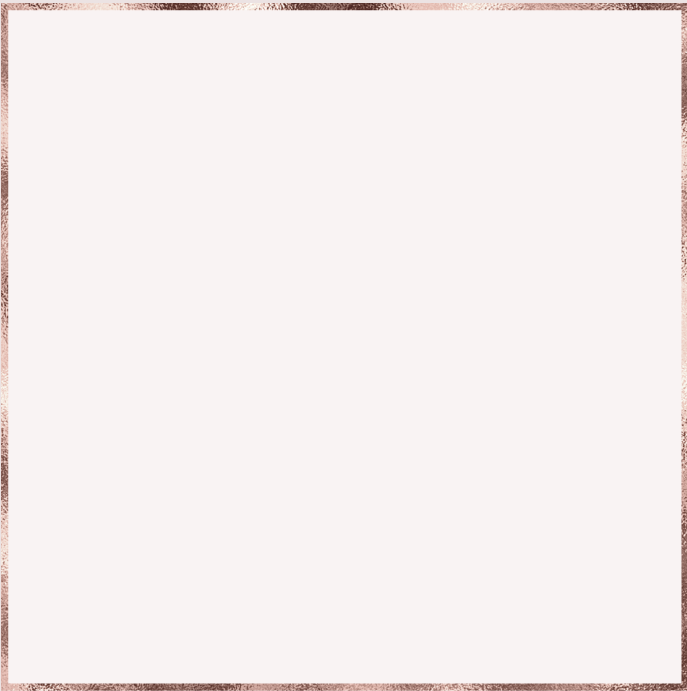
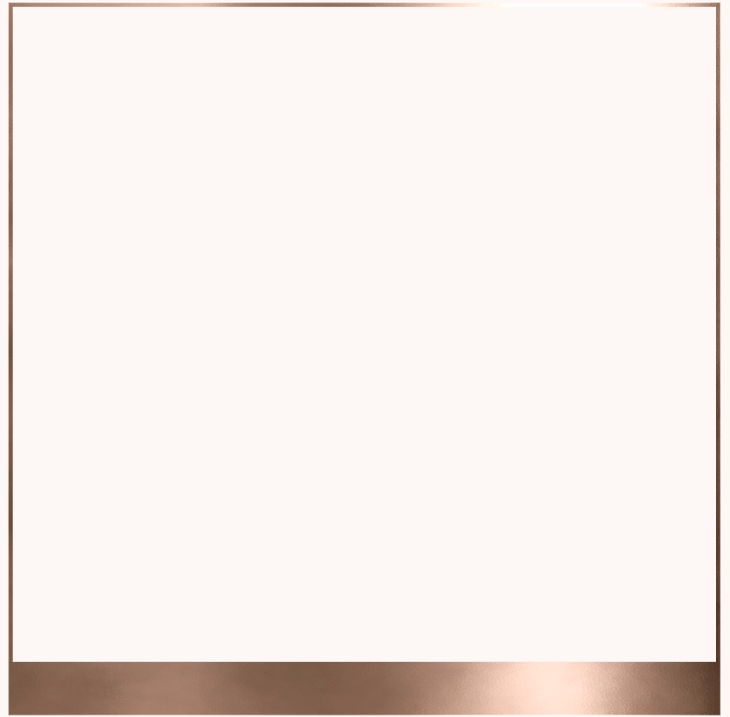
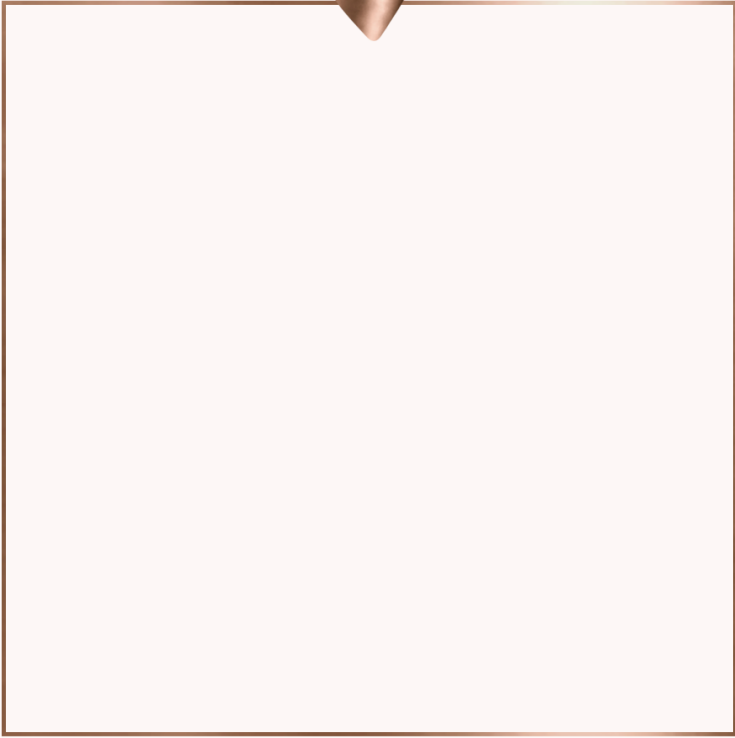
~ Albert Camus

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

You are able to say to yourself, "I have lived through this horror. I can take the next thing that comes along . . . You must do the thing you think you cannot do."

~ Eleanor Roosevelt

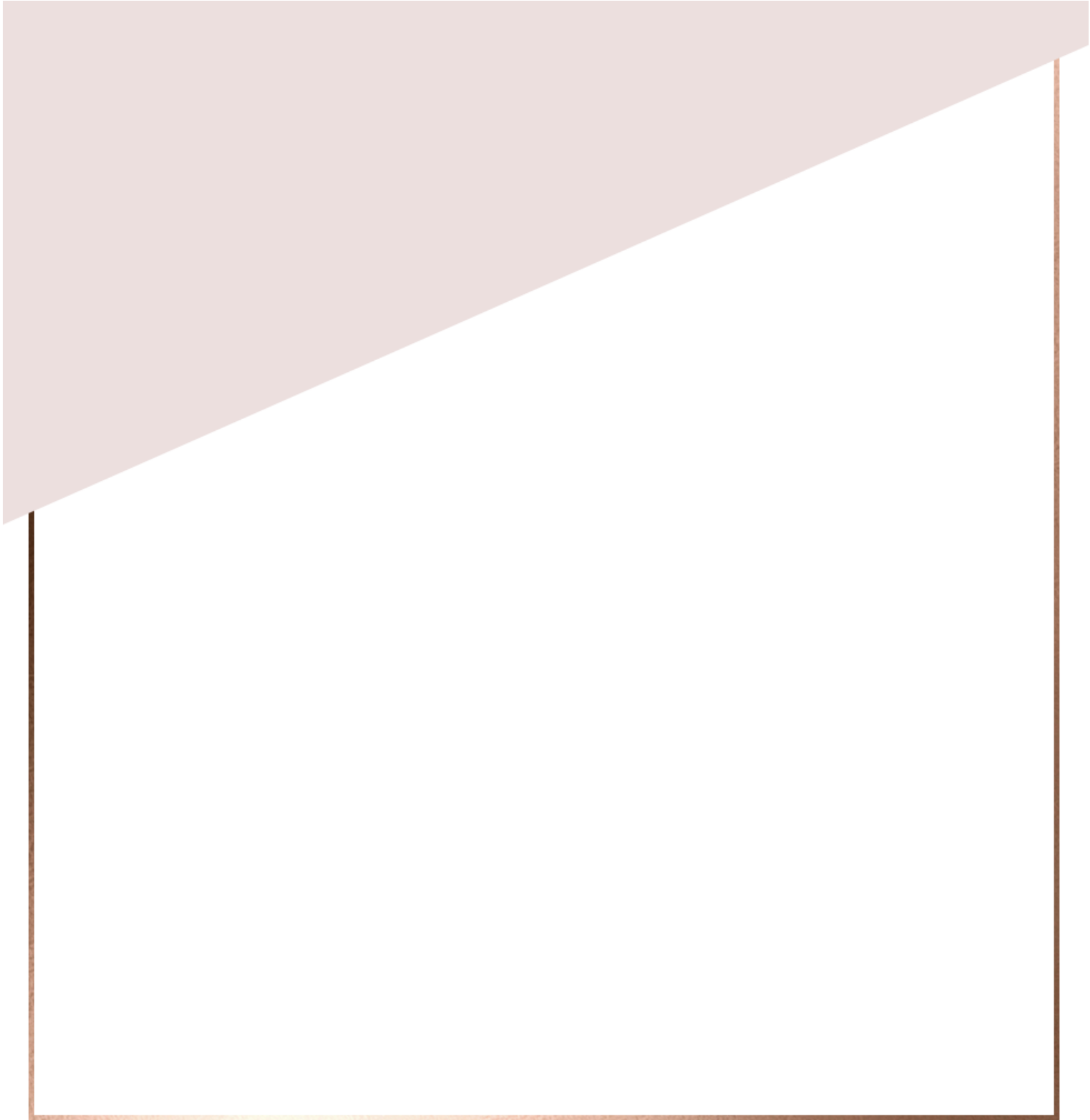




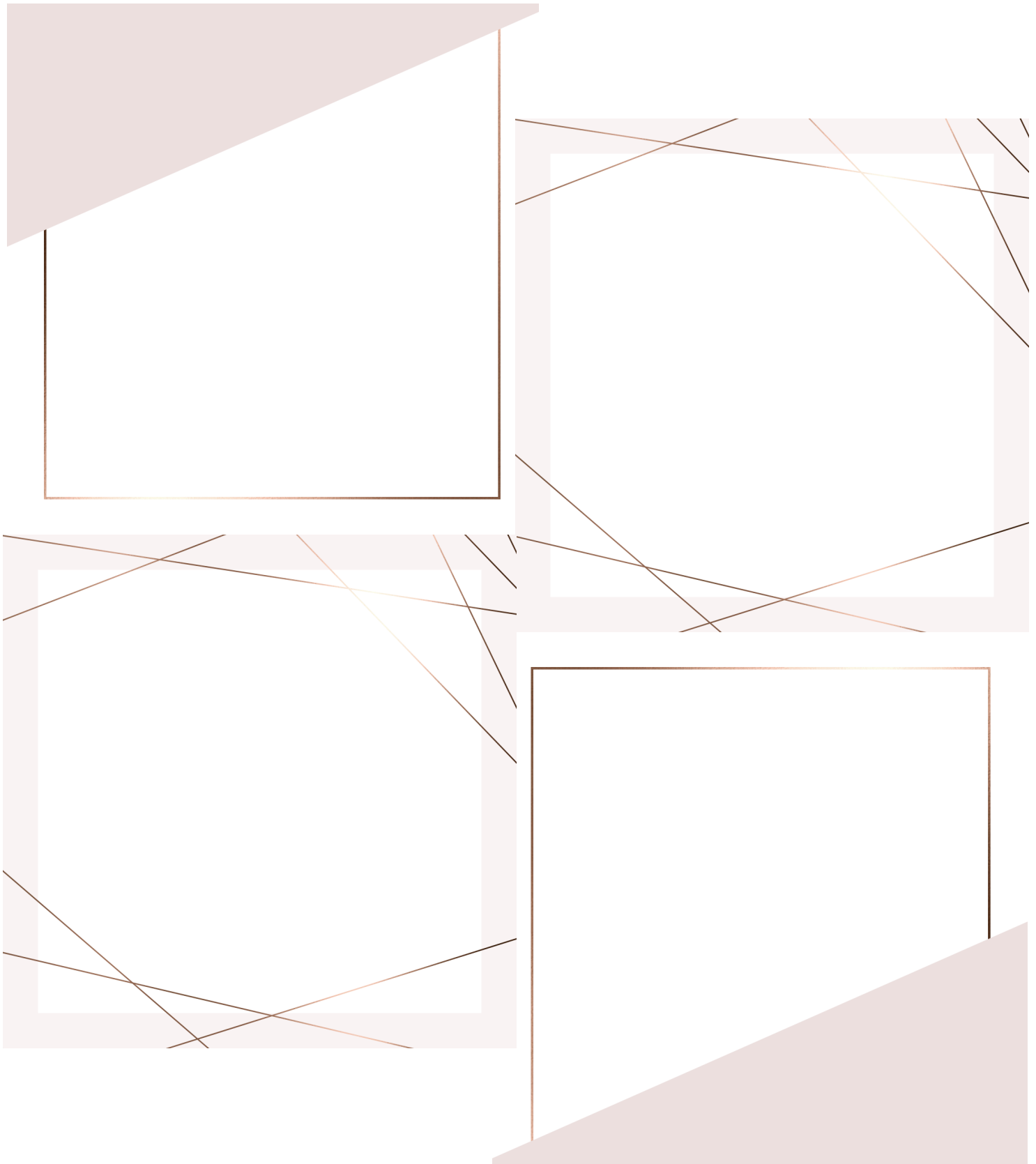
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SOME WORK PAGES

LIFT YOURSELF UP



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