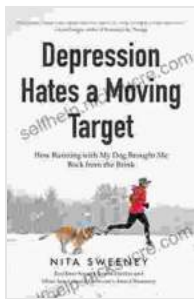


How Running With My Dog Brought Me Back From The Brink of Depression and Anxiety

I've always been an active person, but after I graduated from college and started working full-time, I found myself struggling to find time to exercise. I also started to feel overwhelmed by my job and my personal life, and I began to experience symptoms of depression and anxiety.



Depression Hates a Moving Target: How Running With My Dog Brought Me Back From the Brink (Depression and Anxiety Therapy, Bipolar) by Nita Sweeney

★★★★☆ 4.6 out of 5

Language : English
File size : 3068 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 298 pages



I felt tired all the time, I had trouble concentrating, and I lost interest in things I used to enjoy. I also started to have panic attacks, which made it difficult to leave the house.

I knew I needed to make a change, but I didn't know where to start. I tried going to therapy, but I didn't feel like it was helping. I also tried exercising on my own, but I would always end up giving up.

One day, I was walking my dog, Max, when I had the idea to start running with him. I had always loved running, and I thought it might be a good way to get some exercise and relieve some stress.

I started out slowly, just running for a few minutes each day. But as I got stronger, I started running for longer distances. I also started to notice that running with Max was helping me to feel better mentally.

Running with Max gave me a sense of purpose. I knew that I had to get out of bed every day and take him for a run, and that gave me something to look forward to. It also gave me a routine, which helped to reduce my anxiety.

But most importantly, running with Max gave me companionship. I knew that he was always there for me, and that I could always count on him to make me feel better.

Running with Max has been a lifeline for me. It has helped me to manage my depression and anxiety, and it has made me a happier and healthier person.

If you are struggling with mental health issues, I encourage you to try running with your dog. It may sound like a simple thing, but it can make a world of difference.

Here are some of the benefits of running with your dog:

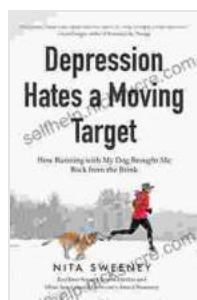
- It can help to reduce symptoms of depression and anxiety.
- It can give you a sense of purpose and routine.
- It can help you to feel more connected to nature.

- It can help you to lose weight and improve your overall health.
- It can strengthen the bond between you and your dog.

If you are considering starting to run with your dog, here are a few tips:

- Start slowly and gradually increase the distance and intensity of your runs.
- Make sure your dog is healthy and able to run with you.
- Choose a safe and comfortable place to run.
- Bring water for both you and your dog.
- Have fun!

Running with my dog has been one of the best things I've ever done for my mental health. If you are struggling with mental health issues, I encourage you to give it a try.

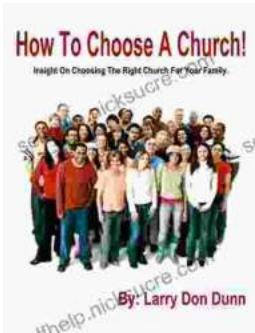


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