



Daily Journal

for

Mental Health

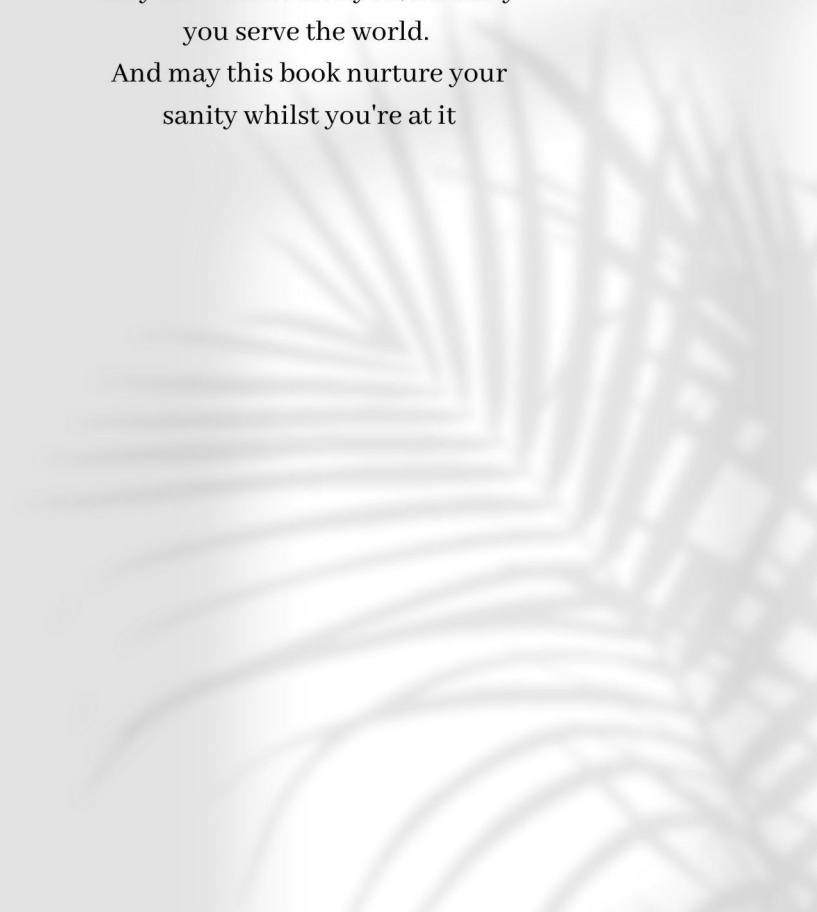
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Daily Journal for Mental Health

May the world serve you, and may
you serve the world.

And may this book nurture your
sanity whilst you're at it



My wise women:

Lidia
Jessica
Sirkku
Jeanine
Zoe
Viki
Saila
Liisa
Brix
Henriikka
Lilli
Tuuli
Tanja
Kiara
Helen

Your name: _____

The 10 steps I took to cure my depression and anxiety.

1. Took Bupropion pills for 6-8 months.
2. Read the book "Think Like a Monk" by Jay Shetty.
3. Engaged in microdosing 0.12g of psilocybin mushrooms with lion's mane and niacin, following a pattern of 2 days on and 2 days off.
4. Practiced daily gratitude.
5. Incorporated various meditation styles, including guided, music-enhanced, and silent meditations.
6. Limited social media usage to a maximum of 1 hour per day and coffee intake to 2 cups.
7. Eventually, included Hot Girl walks and yoga whenever I felt energetic.
8. Developed a weekly schedule for both work and leisure time.
9. Recognized my energy fluctuations across different weeks of the month due to hormonal changes. Now, during the low-energy week, I take days off or minimize activities.
10. Started seeing my mental health as something to take care of in the first place.

..all this took me a little over a year.

Just one Random Short Story on Curing Depression with Psychedelic Mushrooms.

Hold up, just a heads-up - I'm no doctor, but I did manage to survive a ten-year-long wrestling match with depression. And guess what? I've been kicking depression's butt for the past three years!

So, take my words like you'd take advice from your favorite quirky big sister. Picture this: My depression cocktail was mixed with a splash of traumatic events, a dash of bad coping strategies, and maybe a sprinkle of cosmic mischief. The star of the show? Anhedonia – this fancy term for feeling like a dissociating zombie. Only after I finally gave depression a one-way ticket out of my life did I realize that I had been more disconnected from myself than a Wi-Fi signal on a rainy day.

Fasten your seatbelt, 'cause my comeback story spans a little over a year. Step one: enter Bupropion pills, my magical sidekicks, who don't play by the rules of "traditional" antidepressants. These little champs pumped up my brain's dopamine levels like a gym bro on protein shakes. Suddenly, getting out of bed or contemplating reading a book became as doable as deciding what to binge-watch next.

After a few months of this dopamine dance, I was almost ready to drop the mic. But hold on a second, there's more! I decided to play detective and uncover the sneaky culprits behind my blues.

Cue the "Rocky" training montage. With newfound energy, I dived into audiobooks. First up: "Think Like a Monk" by the man himself, Jay Shetty, a former monk turned business mentor. Let's just say, that audiobook became my trusty sidekick on this adventure.

Oh, and let's not forget, I even upgraded to the fancy hardcover version of the book later on. But for now, my domain was under the covers, where I honed my listening skills like a world-class spy.

Remember, while I'm no Shakespeare of psychology, my journey from gloom to bloom might just tickle your funny bone while offering a dash of inspiration. So, buckle up, buttercup, and let's dive into this wild ride together!

..this wild ride ain't over yet! The Bupropion pills? Oh, they didn't just magically lift me from my blanket fort; they catapulted me into a full-blown "let's conquer this depression" mode. Armed with newfound mojo, I decided it was high time to tackle the root causes of my blues.

Thanks to Mr. Shetty and his monk wisdom, I now had an arsenal of tools for my journey. But let's talk about meditation – yeah, I'm not the poster child for Zen. Picture this: a tornado of thoughts crashing into a field of calm. Let's just say I had the grace of a bull in a china shop.

Then, one day, my curious brain stumbled upon a topic juicier than a tabloid scandal: the potential wonders of psychedelic mushrooms, MDMA, and LSD. Yep, you heard right. Apparently, these magical substances were doing the Cha-Cha Slide with PTSD and Cancer, and the results were pretty darn impressive. Cue the YouTube binge on "How to Microdose," and the Netflix dive into documentaries like "How to Change Your Mind" by Michael Pollan.

Suddenly, I was like a kid at a candy store – psychedelics aisle.

Now, here's the kicker: where I'm at, these mind-bending delights are a big no-no, even for medicinal purposes. But I, the fearless explorer of brain space, wasn't fazed. I got my hands on 2 grams of psychedelic mushrooms (.. don't tell the authorities), and legally bought all the other necessities online. YouTube was once again my trusty mentor, showing me how to prepare mushroom microdoses like a seasoned chef.

During my "shroom sessions," it was like my brain was hosting a TED talk about my emotions. I was bonding with my thoughts, dissecting them like a scientist in an emotional lab. Meditation became my secret weapon to unearth the root causes – not by sifting through old memories, but by having some real talk with myself, Oprah-style. It was like my consciousness had a spring cleaning, and it wasn't just dust bunnies I was sweeping out; it was fresh ideas and newfound perspectives. And I liked the feeling of that - nothing felt too big to handle anymore.

And guess what? I kept the microdosing party going for 2 months, took a break for another 2, and then threw a psychedelic bash for another 2 months. By this point, I wasn't just healing – I was plotting my grand comeback, envisioning a life worth binge-watching..

..Cue the "How to Think Like a Monk" chapter of my story.

Daily gratitude practices became my go-to, not because I wanted to be the Buddha 2.0, but because I was on a mission to outsmart my gloomy brain. Depression had turned me into a snarky cynic, and my thoughts had gotten so dark they were practically black holes. So, I decided to trick my brain by doodling gratitude daily. And guess what? It worked like a charm.

Oh, but the saga continues!

Enter the era of "Hot Girl Walks" – yep, I'm talking about leisurely strolls through parks. And yoga? Well, let's just say my poses are more creative than Picasso's artwork.

But the mic-drop moment? That was when a mushroom-induced epiphany hit me: if nothing changes, well, nothing changes. So, I played architect and designed new weekly and monthly routines that didn't just fit me – they embraced my humanity.

Turns out, I'm not a robot; I'm a marvelously imperfect human being with hormones and a limited battery life.

So there you have it – my rollercoaster from the depths of despair to a life painted with more colors than a rainbow on steroids.

I can't promise you a ticket to Disneyland, but I can tell you that when you dare to shake things up, life might just throw you a curveball worth swinging at.

ps. on the last page you can find the microdosing factsheet I used during my journey.

My core values I want to live by

if you don't know what values one can have..
could you ask CHAT GPT to generate a list of values and start from there?

Build on your character strengths: <https://www.viacharacter.org/>

My Natural Energy

Strong Energetic Optimistic Sexual
Sad Tired Playful Foggy brain
Emotional ..add your own



This is how I feel:

Week1:

Week2:

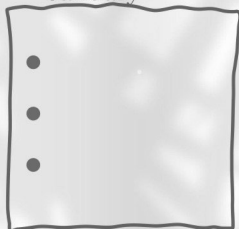
Week3:

Week4:

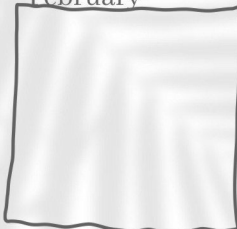
....and that is okay because I am human

Big Themes for the Year:

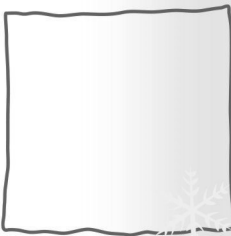
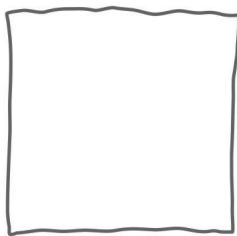
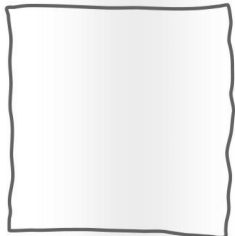
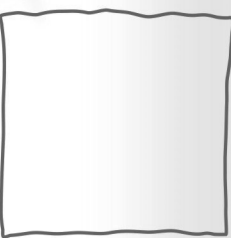
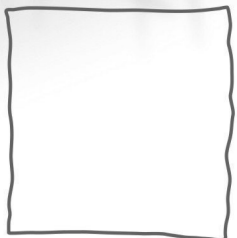
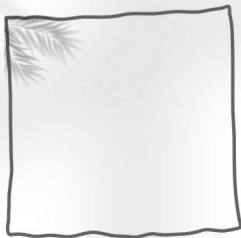
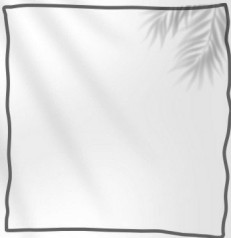
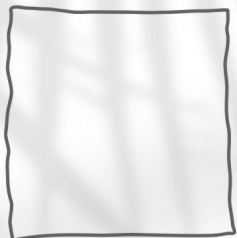
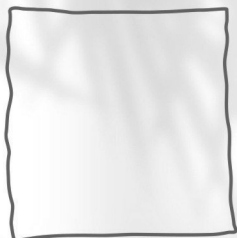
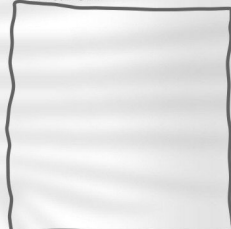
January



February



March



Weekly timebox

Remember how we used to have weekly schedules back in elementary school? Apply the same concept, but this time, tailor it to your work responsibilities and leisure activities. This approach is known as 'Timeboxing.' It's a great technique for managing stress and avoiding overwhelm.

Here's how it works: Assign a 'time box' to each task, and allow yourself a two-hour window to work on it. During this period, work as much as you can on it.

Need more than two hours to complete the task? No worries, just set up a new timebox for tomorrow or later in the day.

Why not give it a shot for the upcoming week? Imagine having a weekly timebox schedule in your life. How might that look?

Start by listing your responsibilities at work and private life. eg.

Responsibility1:

Responsibility 2:

Responsibility 3:

etc

.. now put them in your schedule.

Too many? *Thats the problem.*

Find the ones to say no to.

S	M	T	W	T	F	S
e.						



Daily Journal

Inspired by Stoic Wisdom, Buddhist monks, and successful women, this journal is for those who want to live a mindful life. May this journal help you maintain your sanity in a chaotic world.

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