

**Do not  
blame yourself  
when you feel slow of mind, depressed or uninspired. These are  
indicators of dopamine depletion in the chemistry of the brain.**

**See them as such.**

**Instead of blaming your self, labelling yourself with something  
negative and letting the bad feeling self talk run rampant, accept  
instead, that the brain chemistry can be altered by deep rest.**

**Do not deplete dopamine further by allowing social media and  
blind curiosity to take over. They will cause you to slip further.**

**Instead, take a break, sleep or meditate. Use yoga Nidra to  
rebalance the brain chemistry.**

**You are not your bad feelings or your good feelings. You are  
simply the observer of these feelings. You are the experiencer of  
your brain chemistry.**