

Whole Body Happiness Method:

***A Holistic Plan for Healing
Depression—for Good***



**How Mind-
Body-Spirit
Healing Can
Help You
Break Free
from
Depression
and Thrive**

About the Author: My Journey to Whole Body Happiness (and Yours)

**Hi, I'm Lenora Lostaunau,
and like you, I've been on a
long and winding road to
find lasting relief from the
shadows of depression. For
years, I tried the
conventional routes –
therapy, medication – but
something always felt
missing. It wasn't until I
embraced a whole-body
approach, one that
addressed the intricate
connection between my
mind, body, and spirit, that I
finally found my way back to
joy.**

My journey wasn't easy. As an empath, HSP (Highly Sensitive Person), and someone with ADHD, I'm naturally wired to experience emotions deeply. Combine that with a tendency towards lower levels of "happy brain" neurotransmitters, and depression became a recurring challenge. I also know what it's like to juggle the demands of modern life – the career burnout, the relationship struggles, the constant pressure to "do it all."

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I reached a point where I was just... *beat down*.

My old coping mechanisms (wine, chocolate, occasional runs) weren't cutting it anymore. I was exhausted, both physically and emotionally, and my body was reflecting that with weight gain and a general sense of being unwell. I was stuffing my emotions so deep they started to make me sick.

Sound
familiar? I
get it. I
truly get it.

That's what fueled my passion to learn everything I could about holistic healing. I delved into integrated health and well-being coaching, earning my certification. I pursued a Master's degree in Communications and a Bachelor's in Psychology, giving me a solid foundation in understanding the human experience.

I became certified in a range of life coaching modalities – Mindset, Emotional Intelligence, Couples Communication, Health and Nutrition – and even became a certified Positive Psychology Practitioner and Trauma-Informed Surf Therapy Coach.

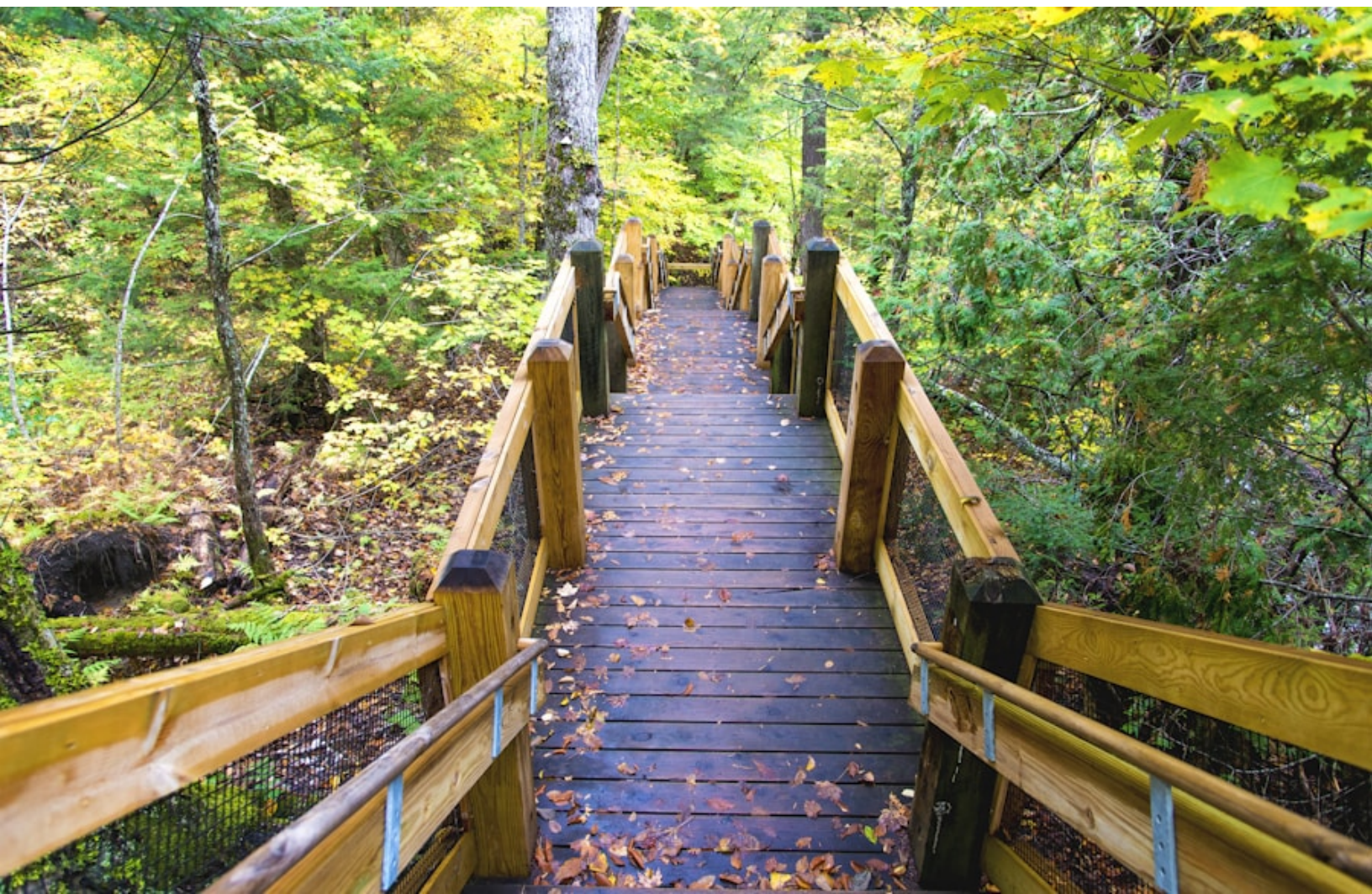
**I invested
years and tens
of thousands
of dollars in
my education
because I was
desperate to
heal myself.**

But my education isn't the only reason to listen to me. My *lived experience* is what truly informs my approach. I didn't just study these practices; I *used* them to heal myself.

I know firsthand how powerful they can be, especially for those of us with neurodivergent brains or sensitive nervous systems. If these practices worked for *me* – someone prone to depression due to neurochemistry – I know they can work wonders to repair, restore, and revitalize *your* mind, spirit, and vitality.



This isn't just a program; it's a roadmap to joy, built on a foundation of personal experience, professional expertise, and deep compassion. And who knows? Along the way, you might just experience some amazing "side effects" – like healthier, glowing skin, a renewed sense of purpose, a few extra friends, and maybe even shedding a few pounds. Consider them happy bonuses on your journey to Whole Body Happiness!



Introduction: Why Healing Depression Requires a Whole-Person Approach

If you've struggled with depression, you've probably tried different solutions—medications, therapy, self-help books, or lifestyle changes. And while each of these can be helpful, something often feels **missing**. The truth is, depression isn't just in the mind. **It affects your body, emotions, and spirit—your whole being.**

I know this because I've been there.

For years, I believed healing meant “fixing” my thoughts. I tried cognitive therapy, positive affirmations, and mindset work, but nothing created lasting change. My body felt drained, my emotions were unpredictable, and spiritually, I felt disconnected.

It wasn't until I embraced a **whole-body approach**—one that addressed my **mind, body, and spirit together**—that I finally broke free from depression and reclaimed my vitality.

This guide will introduce you to **The Whole-Body Happiness Method**, a sustainable, **holistic plan for healing depression—for good**. Whether you're a **midlife woman balancing family and career**, a **young professional navigating stress**, or **anyone looking for an alternative to medication-based solutions**, this method can work for you.

What You'll Learn in This Guide:

- ✓ Why a **holistic approach** is the only way to achieve **lasting** relief from depression
- ✓ The biggest **myths** about depression that are keeping you stuck
- ✓ The step-by-step **Whole-Body Happiness Method** for true healing
- ✓ How to **maintain** your progress and prevent relapse
- ✓ Answers to common **questions and challenges** you might face
- ✓ How to take the next step and **go deeper** on your healing journey

Let's begin.



The Myths: What Society Gets Wrong About Depression

If you've been struggling with depression, you've likely heard the same advice over and over again:

- "You just need to think positive."
- "It's just a chemical imbalance—you need medication."
- "Exercise and eat right, and you'll feel better."
- "Depression is just in your head."

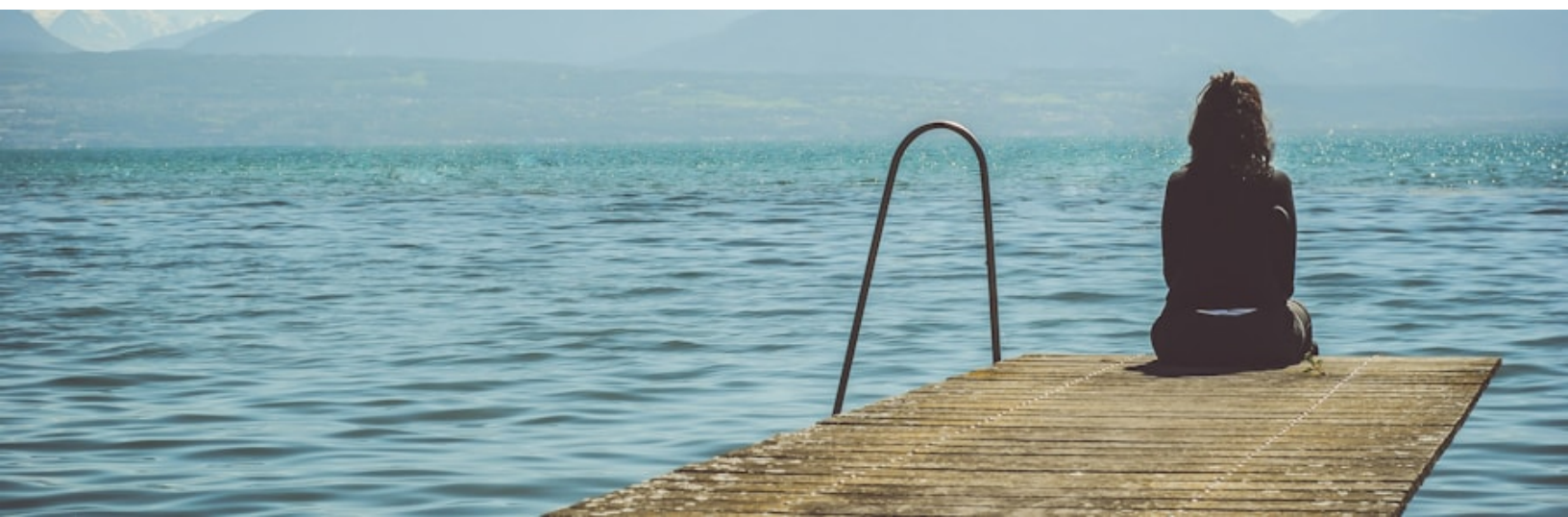
While **these ideas contain small truths, they are incomplete**—and sometimes harmful. Let's bust these myths so you can see why a **holistic** approach is the most effective and **long-lasting** path to healing.

Myth #1: Depression Is Just a Chemical Imbalance

While brain chemistry plays a role in depression, **it's not the whole story**. Studies show that **chronic stress, trauma, gut health, inflammation, and lifestyle choices** also contribute. This means **medication alone** isn't always enough—it's just one tool among many.

Myth #2: Depression Is Just Mental—It Doesn't Affect the Body

Depression affects your **entire body**. It can cause **fatigue, chronic pain, digestive issues, immune system dysfunction, and hormone imbalances**. Addressing the **physical side** of depression (through movement, nutrition, and sleep) is crucial for long-term healing.





Myth #3: You Just Need to Think Positive

If healing depression was as simple as thinking happy thoughts, no one would struggle. Depression is complex—it involves deep-rooted emotions, stress, past experiences, and nervous system imbalances. Instead of toxic positivity, we need to process emotions and heal at all levels.

Myth #4: You'll Always Have Depression

Many people believe depression is something they will struggle with forever. **That's simply not true.** When you address **the root causes**—not just symptoms—you can experience deep, lasting transformation.

Now that we've cleared up these misconceptions, let's dive into the **Whole-Body Happiness Method** and how it can change your life.



In Practice: Whole-Body Happiness Method

The Whole-Body Happiness Method focuses on healing your mind, body, and spirit together to create lasting well-being. Below are the 3 pillars of healing and how you can start applying them today.

Pillar 1: Healing the Mind (Emotional + Mental Wellness)

Your mind is **powerful**, but it's not just about changing your thoughts—it's about **understanding and rewiring** them.

✓ **Emotional Processing:** Instead of suppressing emotions, allow yourself to feel and release them through **journaling, therapy, or breathwork**.

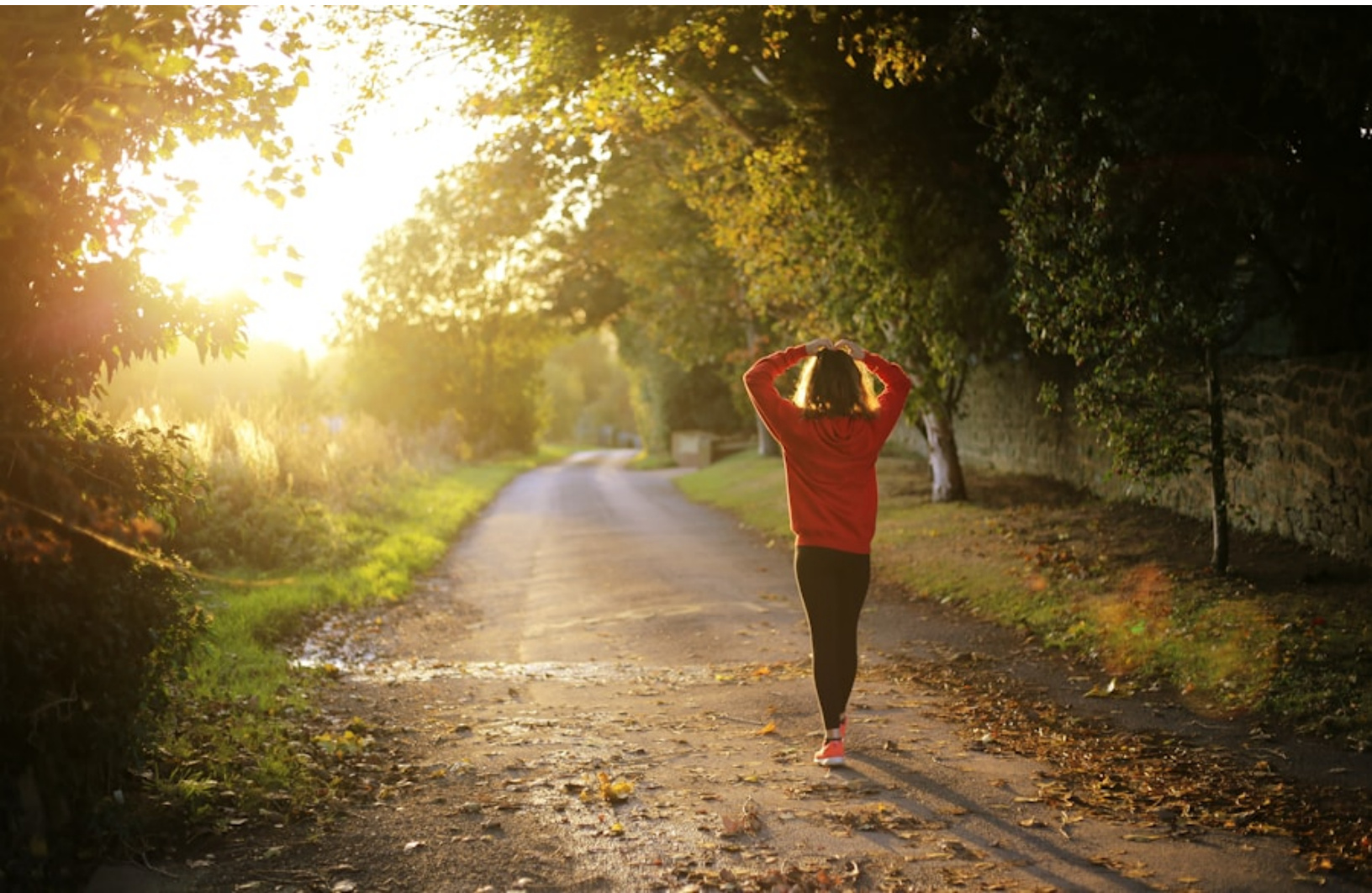
✓ **Rewiring Thought Patterns:** Use **cognitive reframing** and **self-compassion practices** to shift out of negative loops.

✓ **Nervous System Regulation:** Techniques like **meditation, tapping (EFT), and deep breathing** can help you move out of fight-or-flight mode.

Pillar 2: Healing the Body (Physical Health & Vitality)

Depression often manifests in the **body** through fatigue, tension, or pain. Addressing physical health is a game-changer.

- ✓ **Nutrition for Mood Balance:** Eat **whole, anti-inflammatory foods** and prioritize gut health (since 90% of serotonin is produced in the gut).
- ✓ **Movement as Medicine:** Gentle exercises like **yoga, walking, or strength training** help release endorphins and regulate mood.
- ✓ **Sleep Optimization:** Poor sleep fuels depression. Try **consistent sleep schedules, magnesium supplements, and blue-light reduction**.



Pillar 3: Healing the Spirit (Purpose & Connection)

A lack of meaning, joy, and connection is often at the root of depression.

✓ **Spiritual Practices:** This could be meditation, prayer, nature walks, or creative expression.

✓ **Reconnect with Purpose:** Identify activities that make you feel **alive** and **aligned with your values**.

✓ **Community & Support:** Healing doesn't happen in isolation—surround yourself with uplifting, like-minded people.

Maintenance:

How to Stay on the Healing Path

Healing isn't about perfection—it's about **progress**. Here's how to maintain your transformation:

✓ **Daily Small Steps:** Healing happens in **micro-steps**—or layering on incremental lifestyle shifts - commit to try and practice small, daily actions instead of all-or-nothing thinking

.✓ **Mind Body Awareness: Track Your Energy & Mood:** Introspection and awareness to our food, mood, emotions and movement all affect how we feel. Track patterns and make adjustments as needed.

✓ **Community Support:** Join a support group (or a **structured program, like my Whole Body Happiness Method depression recovery group coaching** program 😊). In my program we'll dive deep in to 6 full pillars in a small community of sacred healers to adopt new practices and ritual that will nurture and speed your mental health recovery.

✓ **Mindset of Curiosity, Not Judgment:** Instead of "I failed," ask, "**What can I learn from this?**" or **What would have to happen to do this regularly and building compassionate plans around real life and success.**

Troubleshooting: Common Questions & Roadblocks

💡 "What if I don't have time for this?"

Healing doesn't require hours—small **intentional** habits add up. Start with just **5-10 minutes a day**.

💡 "What if I've tried holistic methods before and they didn't work?"

Many people **dabble** in wellness practices but don't have a **structured system**—which is exactly what the **Whole-Body Happiness Method** provides, consistency over time with loving support among a like minded healing group.

💡 "Can I really heal depression for good?"

Yes! By addressing the **root causes** and applying **sustainable** tools, you can create **lasting transformation**.

Take Action: Tiny Steps to Start Feeling Better Today

So, now that you know why a WHOLE PERSON approach to healing is crucial to heal long-term, are you ready to start experiencing the joy of Whole Body Happiness? To gently lead you on your journey, here are three tiny yet *mighty* steps you can take *right now* to begin taking charge of your well-being. Think of these as your first few sprinkles of sunshine on a cloudy day – small but powerful enough to brighten things up!"

Practice I: 3-Minute Emotional Expression Timer (Unload Your Mind)



The How-To:

- 01 Cozy Corner:** Find a quiet little spot where you can be alone with your thoughts for a few minutes. Your bedroom, a comfy chair, even your car will do!

 - 02 Timer Time:** Set a timer for just 3 minutes. It's a mini-date with your emotions!

 - 03 Notebook & Pen (or Digital Delight):** Grab your trusty notebook and pen, or your favorite digital journal. Whatever feels right for you.

 - 04 Let it Flow:** When the timer starts, just let your emotions spill onto the page. Don't worry about grammar, spelling, or making sense. Just write whatever comes up – thoughts, feelings, worries, joys, frustrations... everything is welcome!

 - 05 No Judgey Jones Allowed:** The most important rule? Be kind to yourself. Don't criticize your feelings or try to change them. Just let them be. This is your safe space to unload.

 - 06 Time's Up! (Optional Reflection):** When the timer goes off, you can reread what you wrote if you want to. Sometimes it's helpful to see your emotions on paper. But if you'd rather just close the notebook and move on, that's perfectly fine too!
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Why It Works:

Emotional Unburdening: Think of it like decluttering your mind! Getting your emotions out on paper can help release tension and create space for clarity.

Self-Discovery: Writing about your feelings can help you understand them better. You might notice patterns, triggers, or hidden connections you weren't aware of before.

Stress Soother: Expressing your emotions can be a great way to manage stress and anxiety. It's like giving your feelings a voice.

Playful Tip: Give your emotions funny names! Maybe "Frazzled Freddie" or "Gloomy Gertrude." It can make the process a little less serious and a little more fun. And remember, there's no right or wrong way to do this. Just let your heart guide you!

Practice II: Sunshine Stretch (Energize Your Body & Lift Your Spirits)



The How-To:

1. **Find Your Spot:** Find a place where you have a little bit of space to move – even a small patch of grass, a balcony, or just a spot by a sunny window will do. Ideally, you want to be able to feel the sun on your skin, but if that's not possible, even just being near a window with natural light can be beneficial.
2. **Start with a Few Deep Breaths:** Before you begin stretching, take a few slow, deep breaths. Inhale deeply through your nose, filling your lungs completely, and exhale slowly through your mouth. This helps center you and prepare your body for movement.
3. **Reach for the Sky:** Raise your arms overhead, reaching towards the sun (or the sky if you're indoors). Imagine you're stretching towards all the good things in your life. Feel the gentle stretch in your shoulders and upper back.
4. **Gentle Bend:** Gently bend to one side, feeling the stretch along your side body. Hold for a few seconds, and then return to the center. Repeat on the other side.
5. **Forward Fold:** Gently fold forward from your hips, keeping your knees slightly bent. Let your arms hang loosely towards the ground. Feel the stretch in your hamstrings and lower back. Don't force it – just go as far as feels comfortable.
6. **Gentle Twist:** Stand up tall and place your hands on your hips. Gently twist your torso to one side, looking over your shoulder. Hold for a few seconds, and then repeat on the other side.
7. **Shoulder Rolls:** Roll your shoulders forward and backward a few times to release any tension in your neck and shoulders.
8. **Enjoy the Moment:** As you stretch, take a moment to appreciate the feeling of your body moving and the warmth of the sun (or the natural light). Connect with your breath and notice how your body feels.
9. **Finish with Gratitude:** When you're finished stretching, take a few more deep breaths and express gratitude for your body and its ability to move.

Why It Works:

- **Endorphin Release:** Even gentle stretching can stimulate the release of endorphins, which are natural mood boosters. These chemicals interact with the receptors in your brain to reduce pain and elevate your mood. **Practice III Memory Lane Trip (Pop by Happytown for a Quick Visit):**



- **The How-To:** Close your eyes for a moment and think of a memory that makes you smile. It could be anything – a funny moment with a friend, a beautiful sunset, a special accomplishment. Relive the memory in your mind, noticing the sights, sounds, smells, and feelings associated with it. Share this memory with someone if you feel like it, talking about happy memories helps to reinforce those positive connections and emotions.
- **The Science of Smiles:** Recalling positive memories can actually trigger the release of dopamine, another feel-good neurotransmitter in the brain. It's like giving your brain a little boost of happiness! Plus, sharing positive memories with others can strengthen social bonds and create even more positive feelings.
- **Playful Tip:** Create a "Happy Memory Jar." Write down your favorite happy memories on slips of paper and keep them in a jar. Whenever you need a little pick-me-up, reach into the jar and pull out a memory to relive.

These three little practices are like tiny superpowers you can use anytime, anywhere. They're simple, they're free, and they work! Try incorporating them into your daily routine and notice how they make you feel.

These tiny steps are just a taste of the transformative power of the Whole Body Happiness Method. Remember, healing isn't about grand gestures; it's about consistent, small acts of self-care that add up to big changes over time. Keep practicing these little rituals, and you'll be amazed at how quickly you start to feel more balanced, energized, and joyful. You've got this!"

Conclusion: Take the Next Step in Your Healing Journey

You now have the foundation of the **Whole-Body Happiness Method**, but true healing happens in **community**.

If you're ready to take this work deeper, I invite you to **join my group coaching program, "Whole Body Happiness Transformation: From Depression to Vitality."**

✨ Inside, you'll get: ✓ **A step-by-step roadmap** for healing depression holistically ✓ **Personalized coaching & expert guidance** ✓ **A supportive community** of like-minded women



🔥 Spots are limited—apply now! 🔥

**To see if this journey is the mutual right fit for your full mind, body transformation from depression to vitality visit:
www.slf-luv.com/wbh-apply.**

This program is only offered 1x in 2025 and the member of this sacred healing collective is intimate - spaces fill quickly don't wait.

Apply now to see how you can qualify for a %25 early bird discount.

Secure your space now —apply now!

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