

# Anxiety & Depression



**MOORE**  
—MINDFUL SERVICES—  
COMMITTED TO YOU!

## Future and Past Focused Thinking

Our mind is fantastic at pulling us away with stories of our past or worries about the future. These thought processes lead to the two most common struggles we will all face at some point in time; anxiety and depression. Put simply, anxiety is the worry of the future and depression is the rumination on the past. Both these mindsets pull us away from what is most important, this moment right now, the present. As the saying goes, *the present is called the present because it is a gift*. This is why the practice of mindfulness is so important. We can't change the past and we can't foresee the future but, we can live a meaningful life and make the most of the gift that is the present moment. It is only in this moment right now where true change, true growth and true experience can happen.

### Anxiety

#### Future Focused



Anxiety is the worry of the future. It is worry of the "what ifs". What if I fail, what if people laugh at me! This thinking style holds us back from ever even trying!



**THE  
PRESENT**

### Depression

#### Past Focused



Depression is the rumination and focus on the past. Things that can't be changed. *"I should have done..."*. This traps us in our past, a time that we can no longer change.