

Life Pursuits

By Charles (Chuck) Maack

For Those Experiencing Personal Lack of Self-Worth With Resulting Depression

The first thing a person must come to terms with is loving and accepting one's self. Do not compare yourself with others. You are "you" and be proud of that fact.

God made you in the image he chose. What you make of that image is what is important. And that is simply to realize that who you are, how you look, and how you conduct your life is more important than anything else. Take what you have and rejoice that you are "you;" not someone that others are trying to make you be or complaining you should be.

Just because someone else appears to you to be "beautiful" or "handsome" does not mean that you have to try to emulate and be like that person. Surprisingly, even those who fit that description are troubled by trying to live up to the image others have thought of them.

You can be fat, you can be skinny, you can be tall, you can be short, and none make so much difference as how important it is to love yourself for the "you" that you are. If you can look into yourself and love and accept the person you are, no matter how your body may be shaped or how you comb your hair or how you wear makeup, then you can be more comfortable with the "you" that you are. That doesn't mean you should permit yourself to not care about those things, but more so to be aware of them and take pride in the manner in which you make them "work" for you.

It is what is in our hearts and minds that can set us apart from concern of what others think. If we are kind to ourselves as well as to others, accept ourselves and others as "they" are, do not fault others despite faults we may notice, and show concern for everyone with whom we surround ourselves, our lives are much easier to enjoy.

Surround yourself with only those people who make you feel good. Distance yourself – stay away from - those who make you feel bad.

Don't listen to the ridicule others may say to you – in fact, get away and stay away from people who do so. They are no more than what we term "bullies" who likely have faults of their own, so like to make others feel as down as they do

Do not let yourself worry about something that may have happened in the past that has been bothering you – it is over and has already occurred. However, if it is something that does continue to bother you, then determine what you can do to either correct that something, and if you cannot, then you must put it behind you. In reality, you are entitled to “today” - not yesterday and not tomorrow, but one day at a time – and that being the case, make it important to you to enjoy each day given you. Look at all the beauty and good things around you that lift your spirits. Ignore all that you may see or hear that can otherwise depress you.

Make a time in each day where you can sit quietly with no distractions, noise, or other disruptions. That may be your entire home, or possibly your bedroom that can also serve as your “sanctuary.” During those times, think of the good things in your life, things that make you feel good, and encourage yourself to continue with those things.

Read books, magazines, etc. that make you feel good, that raise your self-esteem. Consider taped books that are meant to encourage you that you can listen to while at rest at bedtime or otherwise.

Do things for yourself that can make you feel better. Surprisingly, a daily routine that you can set your own time to is some form of exercise. It can get your blood flowing and despite what may appear hard to do at first, will eventually make you feel good about yourself in being able to accomplish the exercises on a regular basis.

Consider getting involved in some voluntary service that helps others. That could be helping to serve meals at a kitchen that feeds the homeless, reading to the blind at nursing homes or services for the blind, helping with some after-work-hours church activities, and so many more where local organizations are looking for volunteers. You will feel a great personal lift by helping others.

If you have not been to a church you attended in the past for a long time and have not returned because you have somewhat lost your faith, consider returning to at least initially attend a weekend service and use that presence to mentally open your inner feelings to your God and ask for His help with your “new beginning.”

Where there is Faith, there is Love,
Where there is Love, there is Peace.

I hope this can help others. This has worked for me for my entire life through a 27 year Navy career and through dealing with aggressive and continuing prostate cancer since 1992..

(Charles Maack is a continuing Prostate Cancer survivor and patient since 1992. He has been an advocate and mentor since 1996 to men and their caregivers all over the world regarding understanding this insidious men's disease, its treatment, and treatment of the side effects that accompany most treatment options. You can learn more about Mr. Maack at www.theprostateadvocate.com)