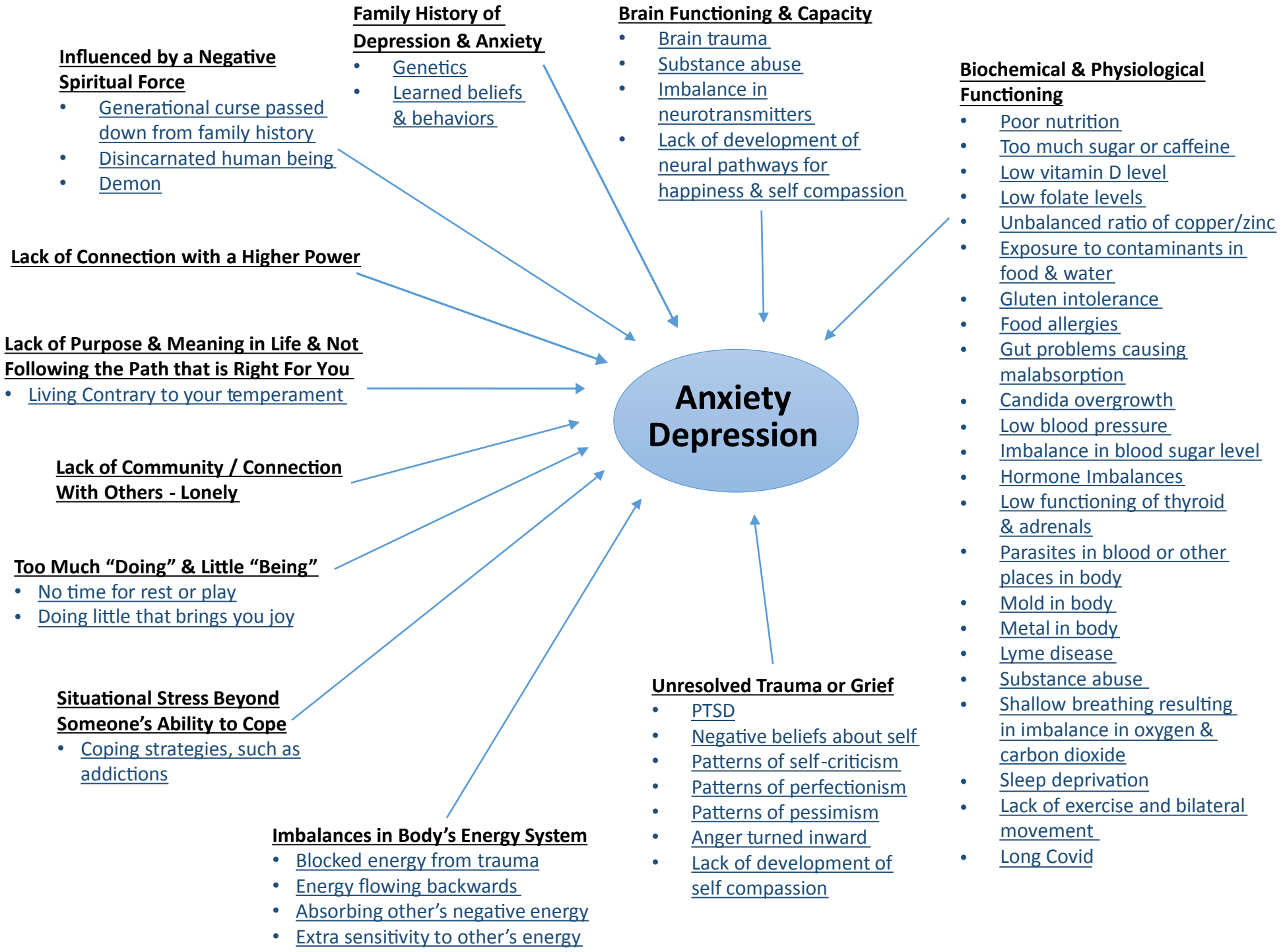

Anxiety
Depression
Influenced by a Negative Spiritual Force
Generational curse passed down from family history
Disincarnated human being
Demon
Family History of Depression & Anxiety
Genetics
Learned beliefs & behaviors
Brain Functioning & Capacity
Brain trauma
Substance abuse
Imbalance in neurotransmitters
Lack of development of neural pathways for happiness & self compassion
Biochemical & Physiological Functioning
Poor nutrition
Too much sugar or caffeine
Low vitamin D level
Low folate levels
Unbalanced ratio of copper/zinc
Exposure to contaminants in food & water
Gluten intolerance
Food allergies
Gut problems causing malabsorption
Candida overgrowth
Low blood pressure
Imbalance in blood sugar level
Hormone Imbalances
Low functioning of thyroid & adrenals
Parasites in blood or other places in body
Mold in body
Metal in body
Lyme disease
Substance abuse
Shallow breathing resulting in imbalance in oxygen & carbon dioxide
Sleep deprivation
Lack of exercise and bilateral movement
Long Covid
Lack of Connection with a Higher Power
Lack of Purpose & Meaning in Life & Not Following the Path that is Right For You
Living Contrary to your temperament
Lack of Community / Connection With Others - Lonely
Too Much "Doing" & Little "Being"
No time for rest or play
Doing little that brings you joy
Situational Stress Beyond Someone's Ability to Cope
Coping strategies, such as addictions
Imbalances in Body's Energy System
Blocked energy from trauma
Energy flowing backwards
Absorbing other's negative energy
Extra sensitivity to other's energy
Unresolved Trauma or Grief
PTSD
Negative beliefs about self
Patterns of self-criticism
Patterns of perfectionism
Patterns of pessimism
Anger turned inward
Lack of development of self compassion