



WARRIOR
LIFE

P  **PODCAST**

Episode #327 Show Notes

**Defeating Stress, Anxiety, & Depression
During The Pandemic (And Beyond!)**

JEFF ANDERSON

[WWW.WARRIORLIFE.COM](http://www.warriorlife.com)



Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, dessert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, went on to instruct hand-to-hand combat and weapons combat and eventually organized the most unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants (www.ISCQC.org).

Jeff's works have been published in several magazines and expert blogs and his manuals and survival combat training DVD's have long been best sellers As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).

Dealing With Stress, Anxiety, & Depression During The Pandemic (And Beyond!)

with Jeff Anderson from <https://www.WarriorLife.com/>

Control Your Environment

You can reduce stress by creating a calming, relaxing environment for yourself.

- An essential oil diffuser can help. Lavender and “ylang ylang” are both calming, relaxing scents.
- Play meditation or “spa” music softly in the background throughout your home.

Control Your Routine

Changing your routine to remove stressors can help reduce stress, anxiety, and depression triggers.

- Evaluate what’s sabotaging your mental calm and take action on positive replacements.
- Did you know your diet impacts your mental wellness, energy levels, hormones, and everything else? Find healthy replacements that give you the same taste or sensations as your garbage “comfort foods.”
- I replaced my late-night “chips & queso” binges with celery sticks filled with fat-free cream cheese, for example.
- Try a guided meditation found online or from a phone app.
- Check out Episode 40 of our podcast for our “Warrior Meditation” interview with Loren Christensen.
- Yoga is something that our combat veterans have found extremely useful in creating a peaceful day at our Warrior Retreats. Find an online video class and give it a try.

- Bury yourself in a hobby you’ve always wanted to do.
- Keep your mind occupied with focus-based activities like golf, puzzles, model-building, or reading “positive books.”

Control Your Network

While you’re supposed to be avoiding people during the pandemic, people are a big part of the problem anyway.

- Eliminate negativity from your day. Avoid negative people (they suck) and avoid the news (it also sucks).
- Create a video network (Skype, Zoom, etc.) so you can see people as you talk to them. “Visit” with loved ones you haven’t seen in a while.
- If you had groups you were used to seeing before the pandemic, but haven’t visited lately (like church members), reach out to them to initiate video meet-ups in stead.
- Within your family, end each evening (dinner or bedtime) by sharing one thing you were grateful for that day.

Resources

[PTSD Masterclass](#)

[Operation Save Our Soldiers](#)

[Podcast 40](#)

NOTE: *This is an automatically generated transcript produced by our podcast platform. Much like automated captions, there are bound to be some oddities when the robot doing the transcribing didn't understand. We hope you find it helpful anyway.*

* * *

Hey, what's up, Warriors? It is Jeff. From warrior life dot com and welcome the podcast episode number 327 like I love the holiday season and it seems like all the stores right now have started the festivities earlier than ever. I say that's a good thing, because with the pandemic going on and posing the biggest threat ever, people are in some serious need of relief from the stress and the anxiety we've all been under for so long. Well, this week I want to share with you my own Christmas list of quick tips to give yourself the gift of holiday cheer that will last even far beyond the holidays. It's all coming right up in today's show, so let's get started. Tactical Firearms training, urban survival, close quarters combat. Welcome to the show that helps you better prepare for any threat you may face in your role as a protector and a patriot. This is the warrior life podcast. Hey there. Welcome back, everybody, this is Jeff Anderson, executive director of warrior life dot com. And look, I'm not going to sugarcoat it fucking sucks out there, right?

Like I get it like we've all been through this whole pandemic rigmarole for for so long. Now it's been just It's been all year long, and we just want to enjoy the holidays. We just want to get past all this stuff. We just want everything to get back to normal. And yet things keep ramping up. We get worse and worse numbers all the time. Now we're looking at more shutdowns. We don't know what's gonna happen with the new administration coming in for the presidency. We just don't know what's going to happen and all of this unknown and all of this fatigue over being in lock down for so long in different ways, like we've reached a new norm when it comes to how we live our everyday lives and it could be really fatiguing. Sometimes I get along with it just perfectly fine. Other times like yesterday, I'm shopping in a store, and my damn mask is just driving me crazy. Not to mention it was a marathon kind of shopping expedition for some new stuff for a new house that just got here. It just seems to go on, and I just could not wait to get out of there. Look, whatever it is for you, things get tiring during the pandemic there cause ah, lot of stress, a lot of anxiety and for a lot of different reasons. In fact, this was really brought to light. I was just speaking at a PTSD master class that's going on right now. It was free for listening in on. I was just brought in as a speaker because of the nonprofit that I have for for ending veteran suicide and combat

related post traumatic stress disorder. And if you wanna go check that out, I'm not sure where they're at with what you can and can't listen to you right now if you're still allowed free access to that. But you go check it out over at warrior life, ready dot com slash ptsd masterclass. And as I was as I was getting interviewed and some of the things we're talking about, where some of the challenges that veterans were going through, especially right now, since we have our nonprofit operations, save our soldiers, um, it's one that I started actually started last year. But we've been doing this initiative now for for a number of years to be able to get our our word out there about ending this and about the therapy that is really there to help veterans that are out there. It really like.

I've been watching the numbers, and it's been really shocking to see the disparity and the numbers that are coming out of official records from the Pentagon and from those that are in the note from the Department of Defense and really, like, are watching the soldiers have their finger on the pulse of what's really happening out there when it comes to veteran suicide during the pandemic. Because this is a lost. This is a lost segment of our populous that is under already under extreme circumstances when it comes to their depression and anxiety related to combat related PTSD. But it's been made worse during the pandemic. Now, initial numbers that came out in the first few months the pandemic showed that the numbers for suicide We're actually going down for those first few months. But what ended up happening was there was a fast turnaround, and those that are in the number in the know of the numbers behind everything, are seeing as much as a 20% increase in suicides among veterans that have been struggling with PTSD. Now, official numbers show that there have either stay the same or have even dropped down, which they point to in the beginning of the pandemic.

And what I'm finding is exactly the opposite all of veterans that I know and that a network with have been under extreme stress and duress during this. In fact, we have. We have decided to hold our next warrior retreat in January, no matter what is happening with the pandemic, because veterans Aaron are in serious need right now. And so, as I was being as we were as I was talking in this PTSD master class this past week, it really brought to light the things that everybody conduce. Oh, when it comes to getting through hard times, when you're dealing with stress, when you're dealing with fear and anxiety, fatigue of any sort, there are things that you can do to make it easy. There are things that we teach the soldiers during the warrior retreats that we hold, um,

that give them the tools to be able to keep everything at bay, be able to keep their anxiety down, not to mention the cures that we have to put in place there with the rapid resolution therapy that they undergo were literally eliminating the symptoms of their combat related PTSD and as little as 12 hour session. Now again, if you want more information about this and to give to our cause, 100% of your donation goes to sponsoring the soldiers for the retreat. They don't pay a dime. They've already paid the price. This is a new system that works. This is a new therapy that really works unlike anything else. Has been out there before, and you can give to this. 1% of your donation goes to them.

All you have to is going over to operations, save our soldiers or gig, and every little bit counts. Every little bit counts. But I wanted to share some of the things that we teach the veterans during this time that I can also share with you things that I put in place for myself and my family so that we can get through these hard times as well. So I've divided this up into basically three different course segments here of actual changes that you can make to the things around you and to your lifestyle and your routines that are gonna help you get through the fatigue that we have during the pandemic. The anxiety, the stress. But also, it could be applied to just anything in your life. Alright, these are tools that you can use right now and going forward. So let me go ahead and jump into these now. So three different things that you want to control and that's control your environment, control your routines and control your network. So I'm gonna start out for the environment because this is something that is really it really sets you up for success without you even having to think about things. So some of the things that I tell people have worked out for me that I've incorporated into my lifestyle are this Add an essential oil diffuser in your home. You'd be amazed that the power of essential oils when it comes to your own outlook on life your own Even hormones we found have are affected by smell.

Now you can You can take this in any direction. When you when you think about the extremes of things really bad smells really horrible. Smells have a way of giving us this taste they make us. They could make us irritable even. Well, happy smells right. Like things that what do you associate with a happy smell? Think about that for yourself. Is it flowers? Is it, um is it the smell of coffee? I love the smell of coffee in the morning, right. You can sense that these things give us an emotional calm or can create distress in our lives as well. Well, a diffuser is a great thing to add to your life that you just put a few drops of essential oil in there and they can have a real calming effect for you.



Some of those that have been found to be especially helpful are things like lavender that you can put in the air. You, lang lang eyes another great one that you can put in the air. And this is something that these diffusers could be placed throughout your home. And it's not overpowering and sent. You don't want to use a lot of this. You just want to faint smell, and it will have an effect on your demeanor. Now we've done this even with, um, what we call like.

We call them like nasal bombs where you can take a piece of cotton and you could put a couple of drops of essential oil on it and put it inside of a Ziploc bag. And then any time we've done this with Children, we were we've seen, like, a drastic decrease in anxiety. We were able to open this up. They just taken to breathe in a couple of times and it significantly decreases. Anxiety creates a sense of calm there. So this is something that we've talked about before when it comes to survival stress times when things are very stressful out there, um, your your sense of smell can be a powerful ally for you. So having these diffusers around your home, especially during times of isolation and stress and anxiety, are gonna help you with that. Another thing you can do is have music that is gonna help calm you as well. Now we all know that music has an important can have an important effect on us. If I go to the gym. I'm playing really hard core rock and roll because I want I know that that's what's gonna amp up that's gonna give me extra strength and energy in the gym because it gets me. It gets really pumped up, right? What music can have the opposite effect as well, so it it can calm you. And so one thing that I've done in our home is I've set up Amazon Echo devices as throughout the home. So these air little speakers, they're very small. They could be placed throughout, and they could be all be tied together. And what I'll do it is sometimes

I'll just have I'll tell it to play. Hey Alexa, play spot music and it'll play some sort of relaxing spot like music throughout the home. Sometimes it might be jazz. Jazz has a very calming effect for me as well. And so those things have worked out really well for for adding, let's just to calm peaceful feeling around her home. You could do that same sort of thing or any sort of music that comes you, even if it's just your favorite music, something that really gives you a feel good feeling. You can have that play throughout your home on a very low level, and it could just be there in the background every no matter what you're doing. All right. So creating this environment, controlling your environment of support is going to help you out a lot. Now, another thing I'll talk about is your routine so you could take control over positive routines. Now, I could tell you in



the beginning stages of this, I was going through a lot of stress. I was going through my divorce at the time I was going through, um, drastic moves geographically and where I was going to live in an uncertain future. The pandemic was also starting to rage on. I had some financial concerns at the time as well. There was a lot going on, and some of you have probably experienced a lot of this is well, during this pandemic, we have seen an increase in foster care. We've seen increase in Children for Children, need for Children advocates. Ah, lot more abuse happening in the homes. Ah, lot more drug and alcohol abuse happening.

We've seen this hit people on a multitude, different levels and they're different reasons for that. There's a lot of stress and anxiety. If you have kids are out of school and they're driving you crazy at home. You may have, Uh, you might have Children at home. You might have. You have maybe problems with the spouse. It creates problems in all these different areas. Those things that brought tension and stress before are gonna elevate everything as well. And so one of the things that I found was that I was resorting the things that were unhealthy in the way of routines. Specifically, I had started smoking pot again. Eso There's an admission for you, which was something that before I had received treatment with the rapid resolution therapy was a coping mechanism for me, for the stress and anxiety that I didn't realize was largely caused by by combat and post traumatic stress. But I was using it as, ah, way to overcome the stress. Well, all it did was give me a temporary delay from the stress. All of the reasons for the stress were still always there. So I was relying on on drugs and alcohol to a lesser extent, because I'm not much of an alcohol drinker. As far as like, I don't think I could ever be an alcoholic. I'm just not that in alcohol, but there might be other things. My diet was a drug for me. I was late night eating.

I was essentially getting high, playing video games, um, and then watching movies and just eating really crappy food into the wee hours of the morning and then getting up the next day and then starting work again and just doing it all over again. This was a really horrible routine for me. While it gave me a temporary sense of just getting over the stress and anxiety that was happening, it was really undermining the things that were truly going to help me. My brain health, my hormone health, my ability to feel like I was in control of things. And it wasn't just a temporary vacation from it that I would come back to it all the time. And so I started taking control of those things. And so for you developing a healthy routine one by eliminating those things that you know are unhealthy for you now, Even as much as I wanted to get away from marijuana and

those and those other temporary things I was doing, I knew if I had them there, I was going to use them. I had no self control. If there was part of the house, I was going to smoke it. If there were, um, Pop Tarts in the house, I was gonna eat them. And so I decided to eliminate those things from my from my environment. And so part of it for you might be identifying what are the things that you know are really starting to take you down the road where you're just trying to get a temporary escape from the things that were there and then start to put in place other, more positive routines that can overcome those things. So for me, diet was a big thing. I was eating really crappy foods. I was gaining weight. And this is something I spoke about during the PTSD masterclass was that they're the things that make us feel better sugars, fats, salts and things like that. But actually, what they do is they are disrupting. Our hormones are hormone balance.

They're making it harder for us to have control over our own anxiety, our own level of happiness. And so we start to put in place things that for me, the secret has been to replace the unhealthy foods with healthy substitutes for those things. So I was really big into chips and queso at night, which was a big thing for me. So something fatty and something crunchy and something salty. Those were really Those were hard things for me to give up. And I knew that trying to abstain from them at night was gonna be a hard thing for me. So what did I do? I started, um, taking celery sticks and putting cream cheese. Actually, I would use almond based cream cheese in them because I typically I started back on. Ah, paleo diet, which I find really, really helps me both health wise, Feeling wise, hormone wise. Um, just a lot of different ways. I do really well on the paleo diet. And so I started incorporating, um, just some of the celery sticks at night with some cream cheese, and then I would put inside of that, maybe some raisins.

I would also use some almond butter in that sometimes and so thes were things that I would resort to that were healthy for me. But they also gave me the crunch. They gave me the saltiness that gave me that sense of fat. Um, the creaminess of fat of the cheese. So those things really helped me out a lot. So I was able to overcome the that thing. Um, same thing when it came to What did I do in the evening time? Besides, you know, instead of just going and playing video games while I started exercising again, which was a positive thing for me and exercise as a way of increasing your serotonin levels, giving that sense of happiness again, oxygenated my brain and gave me a kind of a runner's high, and I was able to really, really overcome my wanted to slide back

and be lazy and just go and play video games and eat crappy food. And so just a little bit of exercise, a walk in the evening, time a jog or whatever it might be for you, it might be a sporting event that you could do, maybe going out and shooting hoops, just taking a basketball out there and just shooting some hoops. Whatever is for you, find some sort of physical exercise that you can do that you enjoy and use that as an escape. Now, another thing I started doing, which I tend to get away from, is my morning routine and setting up a morning routine of success, which was meditation. Now, for those of you that have never meditated before, it's really not that hard to do. You confined? Uh, there's there are several APS that you can do guided meditations with. We did a whole episode on this with Lauren Christensen. It was episode number 40 of our podcast that you could go in there warrior meditation.

So there are different meditations you can do even for firearms training, even for even for tactical purposes. Meditation has a very, very important effect that can really help you a lot of different ways. And so this is something that I've reincorporated back into my morning routines that gives me a sense of peace and calm. It starts the day the right way. Now for some people. Also, for those that come to the warrior retreat. One of the things that we share with them is the power of yoga as well. Now this isn't we're not talking about the the bored housewife yoga class during the day. We're talking about warrior. We do warrior yoga is what we do combat conscious yoga. And we've We've found that guys that have just never even thought about this or thought of this as something for, you know, women in spandex. This really can't have amazing effect, and I'm kind of surprised by myself. I was never really into yoga all that much, but I found that it is very it is very calming, and it is a great way to start the day on a positive effect, so you might be able to take some online classes when it comes to yoga. Fortunately,

it is something you can do at home alone, and it's gonna have really think it be something that's definitely worth a try. And it's something that a lot of the soldiers and veterans that come through the warrior retreat for the rapid resolution therapy. One of the things that they continue to do afterwards is the combat conscious yoga that we teach them. It's really, really they found it very powerful. Um, okay, another thing you could do with your routines is to explore different hobbies that you have that you could take up. Maybe it's something that you've always wanted to do Maybe it's something that you got away from doing, but having something that you can you can bring attention, your brain attention to that it becomes mono focused on those things, takes it

off of focusing and on the bad things that are out there. So it might be doing puzzles. Whether that's maybe that's mathematical puzzles or words solving puzzles or even jigsaw puzzles are things that can be really, really helpful. Also, it might be doing models. That was something I used to do as a kid that I started take up again during the pandemic that I really found. I like that I enjoy doing. There are other hobbies and crafts that I used to do that I've been meaning to get back to a swell, um, that I think you can explore that yourselves. Um, even reading books. So reading more positive things don't don't mean stay away from the news is my recommendation is to get away from all of the all the negativity that's going on out there. It's caused a lot of stress and anxiety. I know for the veterans, when they see so much chaos and unhappiness going on out there, it gives them a sense that there really isn't much hope out there. And this is something that we can overcome by just avoiding that negativity altogether. And speaking of that, the third thing that I want you to create out there is a network of positivity. Now, this is something that we have seen with the increase in the

The problems for veterans with PTSD is that oftentimes they needed a social outlet to be able to manage their problems, being able to talk with other veterans, being able to see their therapists. Being able to see people in person is something that haven't been able to do a lot of because of the pandemic. A lot of the V A s have shut down. They're not doing things in person anymore. So, um, sometimes just going and seeing their their va counselor was a way that they at least got some sort of sense of being having a social life out there. But you need to be able to create your own positive network of people. So what I mean by that is one. You want to surround yourself with people of positivity. If you're around somebody that's mumbling and grumbling and bitching and complaining all the time.

That's going to have an adverse effect on your own mental health as well. So you want to avoid that of yourself and of your family during this time if there is another lock down, or depending upon what sort of isolation that you are personally having. But you can also just create a network of people online of having a video chat with people. So if you've been using Zoom or Skype or any sort of ah, there's free software out there, Skype is a really good one that you could do video chat with or even using your phone. If you have an iPhone or other smart phone that allows you to do face time, don't just talk with people on the phone, see if you're able to bring them onto Skype or some other video video format that allows you to go ahead and talk with them and see them at the same time. In fact, with Skype and Other and Zoom and other things, you can

actually have accounts where you can have multiple people set up where you can do a group chat. Now, a lot of people did that during the Thanksgiving holiday this year, where they they were able to isolate. But we're also able to eat with other people men from my church group we used to meet out as a men's group. At night. We used to have Saturdays where we had breakfast once a month. We had a night out once, Ah, once a month. And so we've taken this doing video chat for this instead. So we're still kind of making ourselves a plate sitting down and then just talking about what's going on in people's lives and being able to share that time. That was a time that was really important for me to be able to get a social network going there with my with my fellow church members. It could be very powerful for you, whether you go to church or no matter what it is. What were the other outlets that you may have had before they've been shut down?

Maybe contact those people and see if you can get back together in an online format where you could do video chat now and be able to sign up for that and, uh, and and see each other once again and help each other through this time. Now for veterans that are out there that are, um, struggling, I ask you to reach out. Don't go through this yourself. There is help out there. You can contact our support team over a warrior life dot com. We could get you in touch with people that can help you out during this time period. For those people that are looking to help out our veterans that are struggling again, you could go to operation, save our soldiers, that organ, and you can donate there and find out a little bit more about the warrior retreats that we're doing. But veterans, they're out there especially. I want you to realize that I know these times are especially hard.

Reach out to somebody, reach out to a battle buddy, help each other out network on Facebook or someplace else that you can get help yourself or reach out and find out from a buddy that how are they doing as well? All right, if you know of somebody that is a veteran that's struggling with PTSD, reach out and find out how they're doing. Let them know that there is help out there, then contact us and we will look at getting them into one of the warrior retreats again. We don't charge anything for the veterans for that. And for those that people that donate I personally pay for all of the admin charges. For that, we have to keep our nonprofit going. Your tax deductible donation. 100% of it goes to sponsoring veterans, so every little bit counts. You go ahead and do that. Um, the last thing I'll say here, when it comes to your positivity network is within your own family. Now. One thing that I think has been very powerful. It's always been

powerful for me during these holiday season, especially during Thanksgiving. One of things that we talked about going around the table is what are you grateful for? Just somebody having some sense of gratitude like What are they grateful for? It's very easy for us to get down in the dumps and think about the things that we're not experiencing. Loss of loved ones, loss of seeing loved ones, and it's very easy to focus in on the negative out there, but bringing a sense of gratitude to yourself and to those that you love can have a profound impact on our sense of well being and of hope being out there because it lets us know that there are things that we can be happy about. And so this is a really good we have you to use a creative positivity positivity network within your own home with those around you that each night having dinner together, just go around and say, What were you grateful about today?

What was something that happened today that you're grateful for and being able to end the evening on a powerful positive note? If you have kids when you tuck them in at night? Same thing. What was one thing that you were grateful for today? What was one power? What was one happy thing was the happiest thing that happened to you today letting getting them in a habit of ending the day. On a positive note, I'm telling you, what a great way to go to sleep, right? And a great way to wake up in the morning after a night's sleep, of thinking about and having that going on in your brain. Maybe even having dreams of that positivity right These are all things that you can control their in your control. You have the ability and the power to create positivity in your life and to get over this sense of stress and anxiety that is looming out there for so many people. All right, I'd like to hear what have you done personally to be able to cope with stress and anxiety that's been happening during the pandemic?

Or even just things that you've instituted in your life that have given you more of a sense of positivity that you think would help other people? Go ahead and make sure that you go on over to our blogged I know are blocked. Comments haven't been set up recently. We've been making this big switch over from modern combat survival dot com over the warrior life dot com still had a few bugs, and our comments system had been down. I believe that will be in place by the time that we actually launched this web. This episode. So please go on over. I'd love to hear from you also, you could give us a shout out on our Facebook page over at, um on Facebook. Just look for warrior life and you'll be able to find us there. And until our next warrior life broadcast. This is Jeff Anderson saying, Prepare train and survive. You've been listening to the Warrior Life podcast. We hope you've enjoyed the show. You can help us spread the mission of

self reliance and self protection when you raid us and leave us a comment wherever you enjoy these podcasts. And don't forget to check out our posts and videos on our social media channels. You'll see a full directory when you visit our website at www.warriorlifedotcom.com. We'll see you next time. This has been the Warrior Life podcast. Prepare train survive. Uh huh.