

PRACTICAL TOOLS FOR INNER HEALING

# 7 Simple Ways to Help Depression/Compression Fade Naturally... NOW.



By Taylor Wells, M.A., M.Ed., RYT  
(The Excitement Whisperer)

*In partnership with AlignUs*



## Start NOW... exactly where you are.

You are not “behind”—you are in the perfect place on your path. The idea of being behind is only your inner critic telling a story. That voice may feel real, but it isn't the only truth. **You get to CHOOSE a different story**—one written by your higher authentic mind, filled with possibility, healing, and a knowing of who you really are.

In this free handout created to help you feel better now, you'll learn 7 simple, magical ways to help compression ease and fade naturally. You'll discover practical tools to quiet your inner critic, shift your perspective, and create more space for ease, peace, relief, and lightness—starting now.

With love, sparkles, and appreciation,  
—Taylor Wells

# 7 Simple Ways to Help Depression/Compression Fade Naturally... NOW.



## #1: Wake Up To Life, Not Notifications

*It's so easy to grab your phone the second you wake up—scrolling through feeds, checking emails, diving into everyone else's world before you've grounded yourself for the day and locked in that state of alignment. That quick scroll steals your peace and sets the tone for a reactive day instead of an aligned, peaceful, grounded one.*

Rip off the bandaid and begin today. It's always now - never tomorrow or yesterday. Fear may rise as FOMO, and/but you don't have to choose it. You get to choose.

**Choose presence instead.**

**Start small—just five minutes phone-free when you wake.** Notice the difference: the quiet, the calm, the clarity. From there, you will build. Each morning gives you a new chance to meet yourself and choose to build a foundation of alignment before you meet the noise of the world.



## #2: Claim Your Calm Before the Day Begins

*Before the world pulls for your attention, give yourself a practice that grounds you. Meditation, yoga, journaling—even simply breathing in stillness. What matters most is that it connects you to peace before anything else. This intentionally sets your aligned foundation for the day.*

For me, yoga and meditation are daily, non-negotiable. For you, it may be stretching, mindful bathing, or moving your body in a way you enjoy.

Choose whatever brings you into your zone—calm, centered, and ready. Each morning is your chance to begin again, stepping into your day with clarity and ease, from a solid place of alignment.

# 7 Simple Ways to Help Depression/Compression Fade Naturally... NOW.



## **#3: Ground Yourself in Nature**

*Reconnect with the Earth—literally. Step outside and place your bare feet on the ground: grass, sand, soil, whatever is available to you. Just ten minutes is enough to feel a shift in your energy and mood.*

There's something powerful about direct contact with nature. Bare feet are best, but if that isn't possible, earthing tools can help too.

This simple practice reminds your body and mind that you are supported, rooted, and part of something bigger than the day-to-day stuff. It's one of the easiest (and most inexpensive and readily available!) ways to return to calm and clarity.

---



## **#4: Reset With Water (Any Type)**

*Water has a way of shifting everything. Whether it's dipping in the ocean, soaking in a bath, or simply standing under the shower, water resets your energy and clears the heaviness.*

Even a quick rinse can lift your vibration, leaving you lighter, refreshed, and more connected. Whatever you choose —immerse, soak, splash, or rinse—let water remind you that renewal is always available.

# 7 Simple Ways to Help Depression/Compression Fade Naturally... NOW.



## **#5: Fuel Your Body With Intention**

*What you put in your body affects how you feel, think, and move through your day. Choose foods close to the earth—fresh, simple, and alive. Pause at three-quarters full to give your body space, and allow time for “digestive rest” so your system can reset and re-energize.*

Most importantly, listen to your body. It's always sending signals about what supports you and what does not. Trust it, honor it, and nourish it well.  
(And avocados rule.)

---



## **#6: Silence Gossip & Self-Criticism**

*Gossip and negative self-talk drain your energy.  
Gossip may give a fleeting rush, but the crash is heavy and not worth it.  
And those harsh words you turn on yourself? They weigh even more.  
Neither are worth your peace and alignment.*

As you raise your vibration, choose to speak words that uplift—about others and yourself. When you shift your inner and outer dialogue toward kindness and encouragement, you create space for more aligned, supportive people to gravitate to you—and for you to feel at peace within yourself.

Curate your energy by curating your words.  
Choose to speak unconditional love, truth, and support, and let the rest go.

# 7 Simple Ways to Help Depression/Compression Fade Naturally... NOW.



## **#7: Connect With Animals**

*Animals carry a calming, supportive, healing presence of unconditional love.  
Just being near them can instantly lift your spirit and open your heart.  
They remind us of unconditional love, play, and presence.*

Spend time with your pets, visit a shelter, or simply notice the animals you encounter each day. These earth angels are constant reminders that connection, comfort, and joy are always close.

---

***May these 7 Magical Steps guide you back to your  
natural state of joy, peace, and freedom. You are never  
behind—you are always right on time,  
exactly where you're meant to be.  
Keep choosing your higher authentic mind's story.  
Keep choosing light.  
Keep choosing your authentic self.  
I'm rooting for you.***

**With love, sparkles, and appreciation,  
—Taylor Wells**





Taylor Wells, M.A., M.Ed., RYT (The Excitement Whisperer)  
*In partnership with AlignUs*

## ADDITIONAL RESOURCES

For more FREE inspiration and guides,  
visit *The Inspiration Academy* by clicking below.

THE ACADEMY

Curious about taking the next step? Learn more about what coaching with Taylor Wells is really like—and how one-on-one support can help you create more peace, clarity, and freedom in your life.

INTRO TO COACHING