

Key Takeaways From “Reasons to Stay Alive” by Matt Haig

- Depression makes you think that things are wrong
- You are so scared of appearing in any way mad you internalize everything, and you are so scared that people will alienate you further you calm up and don't speak about it
- Time heals
- The weirdest thing about a mind is that you can have the most intense things going on in there but no one else can see them
- We're all walking on these unseen tightropes when really we could slip at any second and come face to face with all the existential horrors that only lie dormant
- You can be depressive and be happy, just as you can be a sober alcoholic
- They could care less about the luxury of happiness. They just want to feel an absence of pain.
- If you are depressed your pain is invisible
- Depression is one of the deadliest diseases on the planet
- Men are over three times more likely to kill themselves than women
- Half of all mental disorders are present in some form before the age of fourteen
- In a world where possibility is endless, the possibilities for pain and loss and permanent separation are also endless
- Only a fool or a liar will tell you how the brain works
- Maybe instead of worrying about cyborgs we should have a little peek at how we could upgrade our ability to cope with all this change
- When we are trying to get better, the only truth that matters is what works for us
- Maybe we should be looking at how we live, and how our minds weren't made for the lives we lead
- How to be there for someone with depression or anxiety:
 - Know that you are needed and appreciated
 - Listen
 - Never say "pull yourself together" or "cheer up"
 - Appreciate that it is an illness
 - Educate yourself and understand
 - Don't take anything personal
 - Be patient
 - Meet them where they are. Ask what you can do. The main thing you can do is just be there
- If we were happy with what we had, why would we need more?
- Life is the people who love you

ALCHANATI CAMPBELL & ASSOCIATES LLC

Taken directly out of the book

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- The cause of suffering is intensity of will
- The abstinence from worldly pleasures is the answer to life
- No one saves us but ourselves, no one can and no one may
- Kindness is the will that releases us from the suffering that is our desires and wants