

DEPRESSION, from page 5

pushing us to live in an extrinsic way, to not do things because we think they're valuable, but to do things in order to buy something else, in order to show something off, in order to look impressive on social media – just like junk food has hijacked our diet and made us physically sick, junk values have hijacked our minds, and made us mentally sick.

E.G.: You offer seven solutions to depression in your book – non-chemical forms of antidepressants, like the cow that you mentioned earlier. What are some simple changes that a typical person might be able to make in their life to become a happier person?

J.H.: One of the most interesting pieces of research I looked at, done by a guy called Dr. Brett Ford at the University of Berkeley, looked at if you consciously try to be happier, will you in fact become happier?

Dr. Ford and her colleagues studied this in four places: in the United States, in Taiwan, in Japan and in Russia. They found in the U.S., if you decided to consciously spend more time trying to be happier, you will not become happier, but in the other three places, you do. What they discovered is, if you try to become happier in the U.S., what you do is you try to pursue happiness for yourself. You buy stuff for yourself, you try to get a promotion for yourself, you build up your ego. We have an instinctually individualistic view of happiness. In the other countries, they had an instinctively collective sense of happiness, so if you tried to make yourself happier, what you do is you do something for your family. You do something for your community, you do something for someone else, not for yourself. And it turns out an individualistic model of happiness just doesn't work. If it did, Donald Trump would be a very happy person, and he's an incredibly miserable person, for example.

A collective vision of happiness, by contrast, does work.

Another thing would be based on the experiment happening in Canada in the '70s.

The liberal government at the time decided to do this experiment. They chose a town, seemingly at random, called Dauphin, and they said to everyone in this town, "We are going to give all of you a guaranteed basic income from now on." I think it was the equivalent of about \$17,000 in contemporary U.S. dollars. This continued for three years, and there were many results. But to me, the most interesting one was what happened to people's mental health. There was a massive improvement in people's mental health. Depression so severe that you had to be hospitalized fell by 90 percent. It didn't happen in the surrounding areas.

That tells us that one of the things that's making people depressed is profound insecurity in how we live. People who have income from property are 10 times less likely to develop anxiety disorder than people who don't. Part of what's making us anxious is that aspect of the way we live – and it's an increasing insecurity. There's a reason why depression massively spiked up after the 2008 crash, because a lot more people were insecure and having to work even harder to just keep their heads above water. And so universal basic income, which

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JOHANN HARI,
AUTHOR OF "LOST CONNECTIONS"

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There are biological factors that can make you more sensitive to these social factors. So your genes, for example, can make you about 35 percent more sensitive to these things than someone who had a different genetic inheritance. But your genes aren't causing it. They're just making you more sensitive to these factors in the environment and in your psychology.

This requires us to really reframe what's going on, because we've been told a story that has really disconnected us from the source of our own pain, and because we haven't understood what's causing it, the solutions that we've been using haven't worked very well.

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On pictures and poetry

by j.mccurdy

In the end
The sensations
You left on this skin
Are
what caused
those words
To scar the page

Poetry was never
Bout
Roses being red
Or violets being blue

It was 'bout rough edges
Sanded by soft
And
The impossible
Meeting the highly implausible

Poetry
Is raw edged real
Pain
Needing words
To heal
And ecstasy
Set loose
To set
The seeds loose
To bloom

So when you read mine
Remember
I earned
It all
Every single
Bit of
bad and good

The tears and the deep belly laughter
And I carry the scars as proof
Of the profit of where I been

I earned
The right
to use the words
I use to paint with

To set those tones
Sepia or bright and beautiful
Those pictures
Ya they're all mine

And therefore
Save your
Preconceived notions
For those whose
Pictures better match
Your expectations
And leave your
Judgement and hypocrisy
For those who revel in it

As for me
I show them to you
Not because I like your sight of them
But because
Like breadcrumbs
They show you
What trails not to take