

Depression Identification and Recovery



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Are You Depressed?

- I do things slowly
- My future seems hopeless
- It is hard for me to concentrate on reading
- I have difficulty making decisions
- The pleasure and joy has gone out of my life



Are You Depressed?

- I feel that I am a guilty person who deserves to be punished
- I feel like a failure
- I feel lifeless -- more dead than alive
- My sleep has been disturbed -- too little, too much, or broken
- I spend time thinking about *HOW* I might kill myself.



Symptoms of Depression

- Lethargy (everything seems just too much trouble to do)
- Disturbed sleep (early waking, difficulty getting to sleep)
- Waking up tired after a "normal" night of sleep)
- Lack of concentration
- Irritability
- Exhaustion
- Lack of sexual drive
- Sensation of utter despair



Symptoms of Depression

- Sense of hopelessness or uselessness of everything
- Fear of death
- Phobias
- Obsessive behavior
- Anxiety
- Feelings of wanting to cry, but inability to do so
- Thoughts of suicide, or fear of committing suicide
- Change in appetite and weight



Medical Causes of Depression

- Pre-menstrual and postnatal hormone changes
- Some types of manic depression have been shown to have a genetic basis
- Hormone deficiencies (such as thyroid disturbances)
- Generalized illnesses such as kidney or liver disease



Medical Causes of Depression

- Lack of natural light during winter in some susceptible people
- Alcoholism
- Drug dependency
- Food allergies and strange reactions to medicines, chemicals or food additives.



Who is Vulnerable to Depression?

Physical Factors

- *How the body works and interacts with the soul (our desires, thoughts, and feelings) is not fully understood.*

Disease

- Various physical illnesses may cause the onset of or may aggravate the symptoms of depression



Who is Vulnerable to Depression?

- Diet And Exercise

- *Sweets such as chocolate to soothe pain or stress will experience a quick burst of energy followed by a drastic letdown, leaving a person feeling tired and weak.*



Who is Vulnerable to Depression?

- *Genetics.* Some may inherit melancholic tendencies that make them more vulnerable to depression.
- Research shows that "the environment has a strong influence on whether and how a gene gets 'expressed.'"



Who is Vulnerable to Depression?

- Outside Influences.
- Family Background And Past Abuse.
 - *Damaging levels of criticism, rejection, and even violence in their past as well as in their present family relationships*



Who is Vulnerable to Depression?

- Loss And Unfairness
 - *Remember, O God, that my life is but a breath; my eyes will never see happiness again (Job 7:2-7).*
- Deferred Hope
 - *"Hope deferred makes the heart sick" (Prov. 13:12).*



Depression is Not...

- Just in your mind
- Made-up illness
- laziness
- Couple of days of feeling sad or blue
- Stress



Depression is Not...

- Christians are/should be exempt from depression
- Depression is not a sign of lack of faith
- Depression is not a message from God that you are not faithful
- Depression is not something you brought on by choice
- Depression is not something we can fix by “feeling better”



Eight Major Causes of Depression

- Biological factors
- Learned helplessness (sense of being trapped and unable to remedy an intolerable situation)
- Parental rejection
- Abuse
- Negative thinking
- Life stress
- Anger
- Guilt



Biological factors

- Neurochemical Malfunctioning
- Brain tumors
- Glandular disorders



Common Types of Depression

- Major Depression
- Dysthymia
- Bipolar Disorder
- Seasonal Affective Disorder (SAD)



Common Types of Depression

- Bipolar disorder (or manic-depressive illness) is characterized by episodes of major depression as well as episodes of mania
- Dysthymic disorder (or dysthymia), a less severe yet typically more chronic form of depression, is diagnosed when depressed mood persists for at least two years in adults



Depression Research

- Men are less likely to admit to depression
- Women experience depression about twice as often as men
- Men's depression is often masked by alcohol or drugs, or by the socially acceptable habit of working
- Depression typically shows up in men not as feeling hopeless and helpless, but as being irritable, angry, and discouraged

Is All Depression
Destructive?



Stages of Grief

- Denial
- **Anger**
- Bargaining
- **Depression**
- Acceptance



Deep Sadness

Job 3:5

May darkness and deep shadow of death claim it once more; may a cloud settle over it; may blackness overwhelm its light.



Anger

- You who tear yourself to pieces in your **anger**, is the earth to be abandoned for your sake? Or must the rocks be moved from their place?

Job 18:4



Need For Comfort

- Job as comforter to others

I chose the way for them and sat as their chief;
I dwelt as a king among his troops;
I was like one who comforts mourners.

Job 29:25



Guilt Confession Through Awareness

- **DAVID, having committed adultery was depressed until he confessed his sin)**

"When I kept silent, my bones grew old
Through my groaning all the day long.
For day and night Your hand was heavy
upon me; My vitality was turned into the
drought of summer. Selah.

-Psalm 32:3-4



Guilt From Unawareness

- "Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God, for I shall yet praise Him
For the help of His countenance. ...For
You are the God of my strength..."
-Psalm 42:5, 43:2 (NKJV)



Find The Cause of Depression

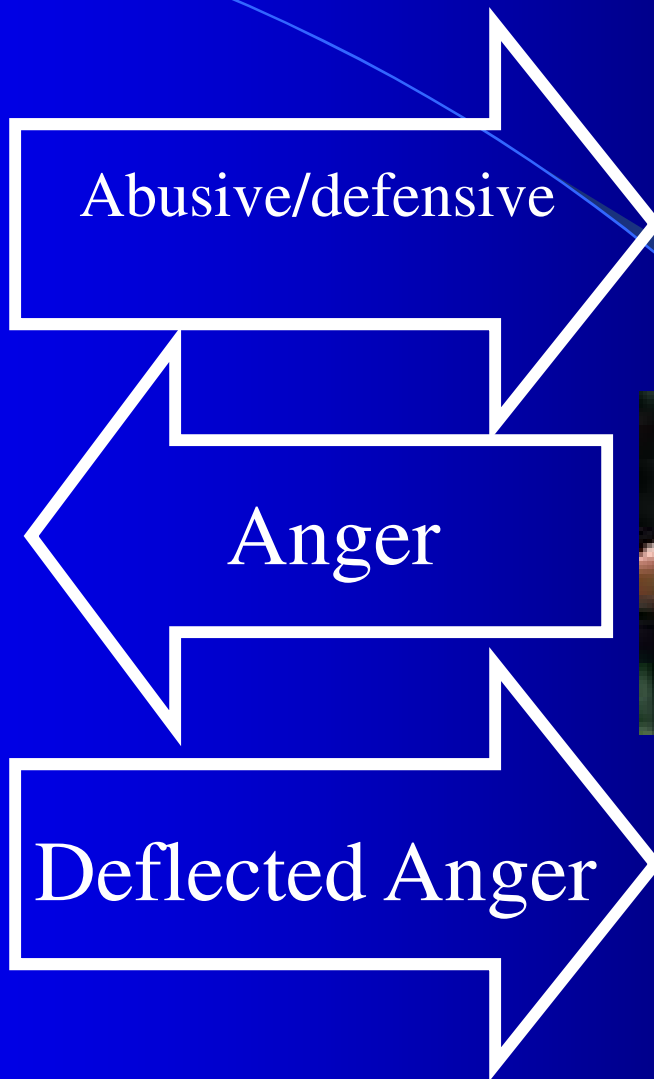
- Not just the symptoms
- Expectations, untruths accepted, wounding by others, deceptions, abandonment, betrayal, and lies



Family Depression Syndrome Development



Abusive
Unaffirming
unavailable



Anger Turned Inward-
Guilt/shame/self hate

Circumplex Family Map

Low

Cohesion

High

High

Adaptability

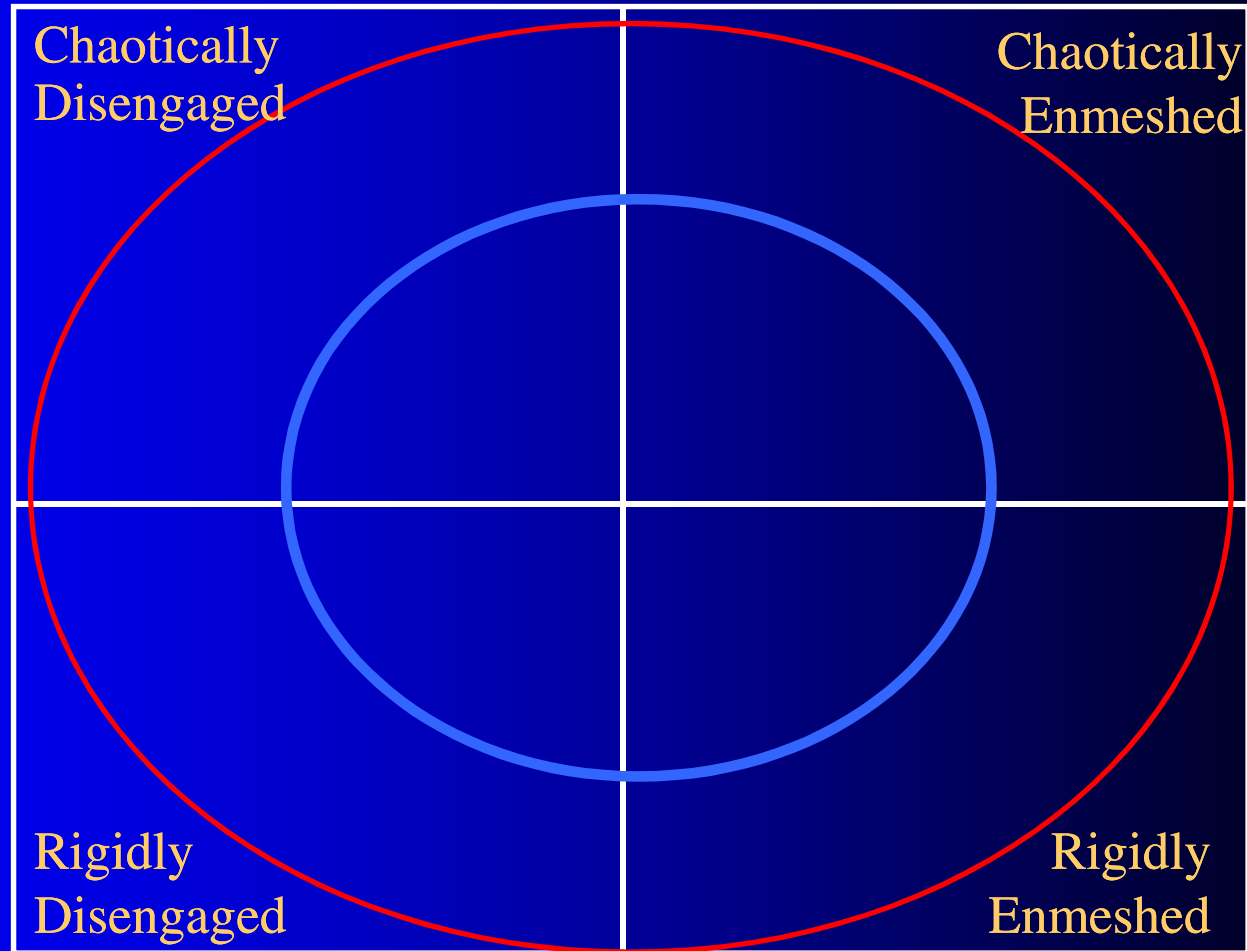
Low

Chaotically
Disengaged

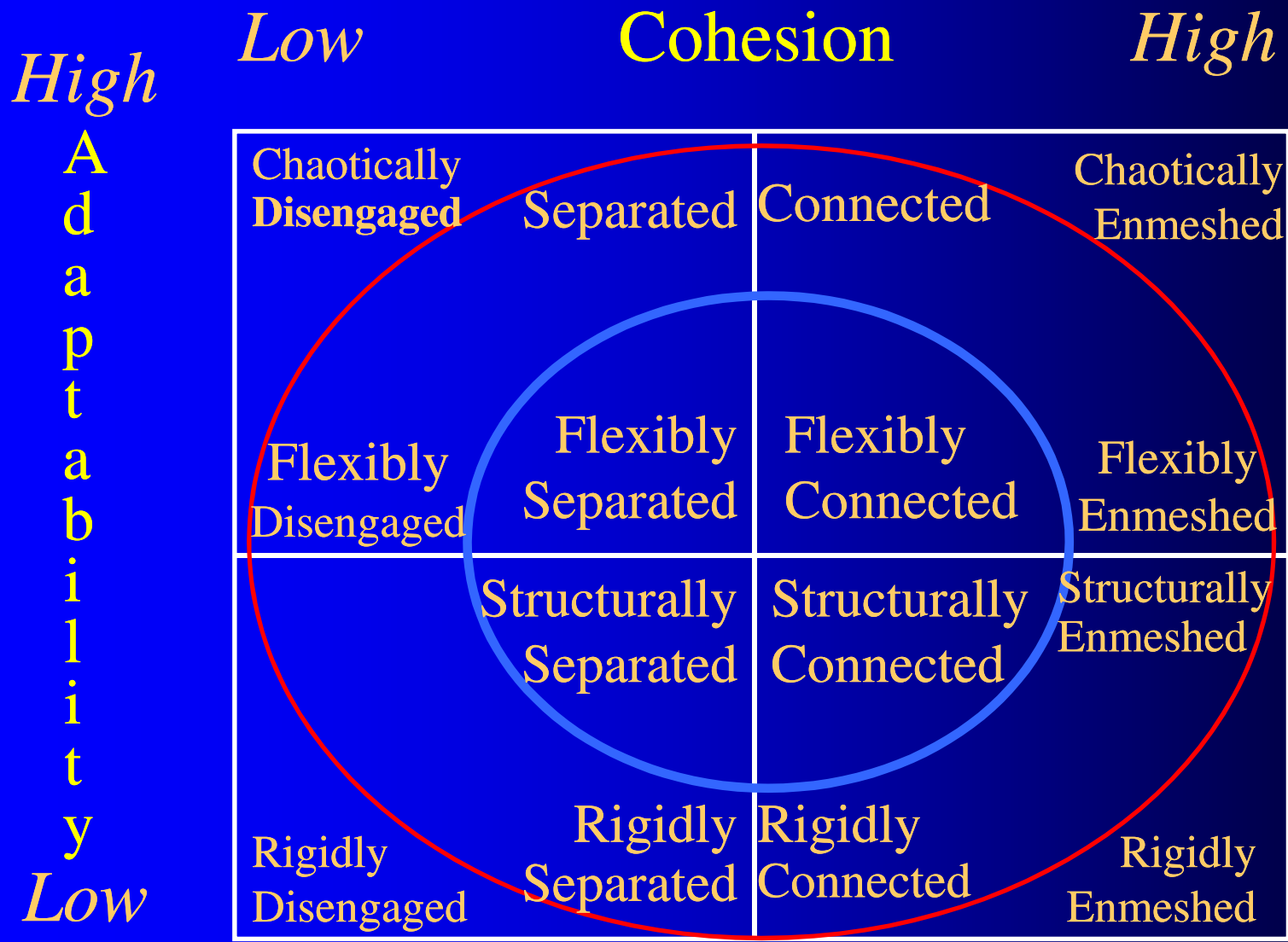
Chaotically
Enmeshed

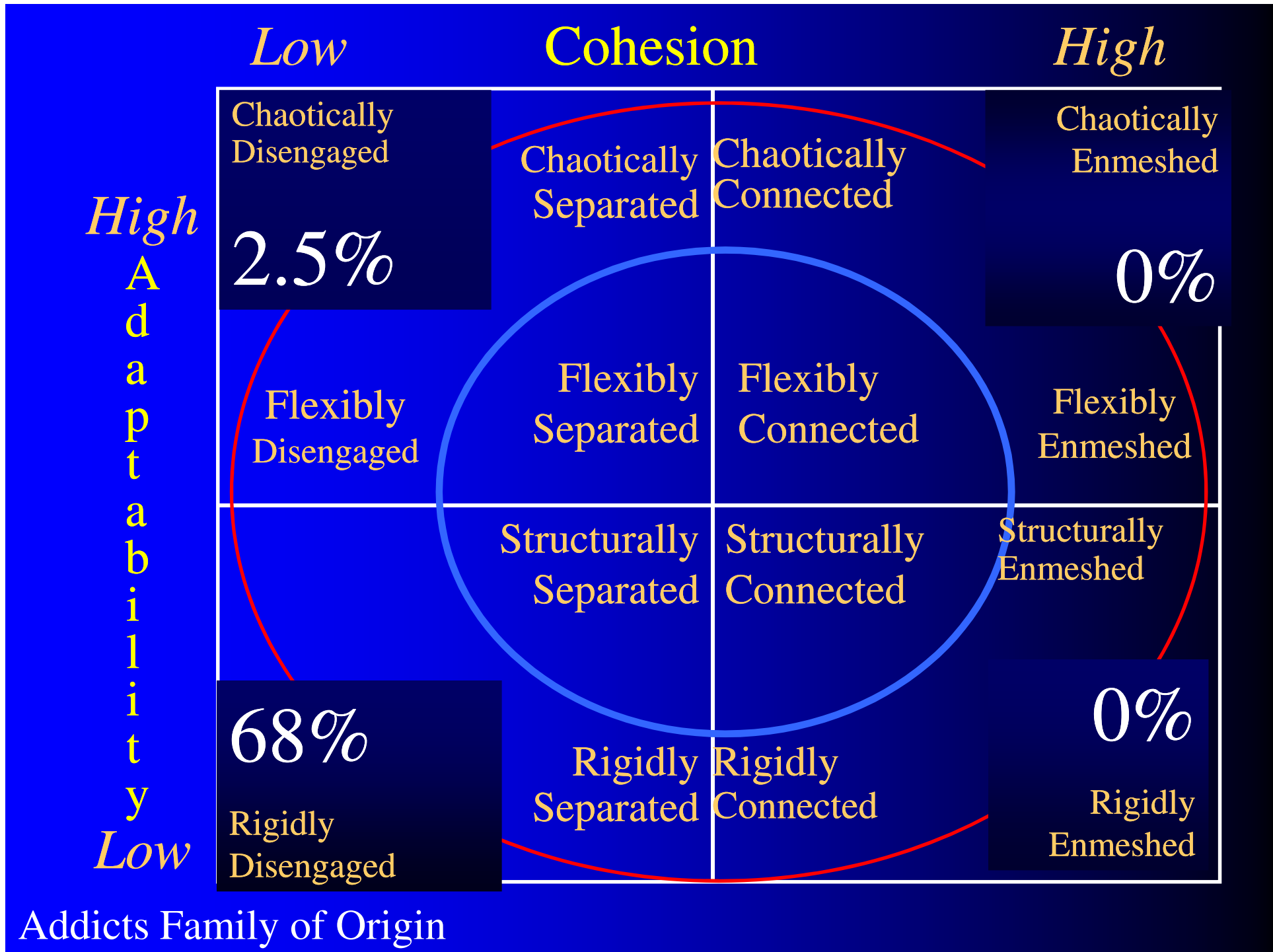
Rigidly
Disengaged

Rigidly
Enmeshed



Circumplex Family Map







Low “us” Concept Secrecy



Low “us” concept

“Because of our background, we have to try harder.”

Heightened sense of unworthiness

“ I am a (family name or nationality label) so I have to overcome people’s opinion.”



Do Things Right



Cannot make
mistakes

“Stay within the lines”

Perfection

“If I blow it, people
will not accept me”



Conditional Love



Conditional Support

“If you do things right,
I’ll support you.”

Self-worth contingent on others opinions

“I am only okay if you
approve of me.”



The Addicted Family Rules

(Unspoken)

DON'T FEEL

DON'T TALK

DON'T TRUST

DON'T THINK

DON'T CHANGE

Shame Cycle

Control
Compulsivity
Deprivation

Compulsive
Avoidance:

Sex

Alcohol

Turn to Faith



Out of
Control
Impulsivity
Satiation

Compulsive
Satiation:

- Sex
- Eating
- Alcohol
- Spending
- Working
- Risk taking



Biblical

Acceptance of discouragement and frustration.

- Not wrong to be "down." Believing that there is "no way through."
 - (II Cor. 4:8-We are hard pressed on every side, but not crushed; perplexed, but not in despair;)

Confession of sin that causes guilt

- I John 1:9-If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.



Biblical

Faith

- Recognizes God's presence
 - Matt. 28:20-...And surely I am with you always, to the very end of the age."
- Recognizes God's sovereign sufficiency
 - Job 42:2-"I know that you can do all things; no plan of yours can be thwarted.
- God's grace
 - II Cor. 12:10-That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.-



Biblical

Faith

- God's Spirit –
 - Gal. 5:16 - So I say, live by the Spirit, and you will not gratify the desires of the sinful nature
- God's preservation –
 - Phil. 1:6 -being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.



Biblical

Faith

Receptive to His activity.

- Heb. 11:6-And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.





Biblical

- Trusting contentment with God's provision in all His providential opportunities
 - Phil. 4:11-13; I am not saying this because I am in need, for I have learned to be content whatever the circumstances...I can do everything through him who gives me strength.



Biblical

Hope

- Confident expectation of God's continuing activity.
 - I Tim. 1:1- Paul, an apostle of Christ Jesus by the command of God our Savior and of Christ Jesus our hope



How To Help Yourself

- Don't expect too much of yourself
- Take a break
- Get some exercise
- Avoid extra stress and big changes
- Eat a proper, well-balanced diet
- Let others comfort you
- If you cannot resolve depression yourself, don't wait, get professional help



How To Help Yourself

- ⑩ Set realistic goals in light of the depression and assume a reasonable amount of responsibility
- ⑩ Break large tasks into small ones, set some priorities, and do what you can as you can
- ⑩ Eliminate the use of alcohol or drugs
- ⑩ Expect your mood to improve gradually, not immediately. Feeling better takes time
- ⑩ Attend a depression recovery group that is confidential



Helping a Depressed Friend

- Avoid critical or shaming statements
- Empathize with feelings of sadness, grief, anger and frustration
- Don't try to "cheer up" a depressed person



Intervening with a depressed friend

- Don't argue about how bad things are
- Don't insist that depression or sadness are the wrong feelings to be experiencing
- Don't try to "get them out of depression" by providing activities that "help"



When to Consult Professional Therapy

- When pain or problems outweigh pleasures much of the time
- When symptoms are so severe and persistent that day-to-day functioning is impaired
- When stress seems so overwhelming that suicide seems to be a viable option.



Treatment for Depression

Psychotherapy

This can help many depressed people understand themselves and cope with their problems

Medication

Antidepressants can help ease the symptoms of **depression** and return a person to normal functioning.

Antidepressants are not habit forming



Summary / Wrap Up

- Depression affects the brain and is paralyzing in nature
- Depression Causes must be explored to relieve depressive symptoms
- Helping ourselves by reaching out for help is necessary when depression is chronic
- God's compassion for the depressed can be expressed to friends who suffer, there is always alternatives suicide



My Next Steps To Recovery

My next steps to resolving depression are:

1. Implementing Self Help principles
2. Asking for support from friends or groups
3. Getting Professional Help



Resources

- web site: <http://www.med.jhu.edu/drada>
 - **Depression and Bipolar Support Alliance**
phone: 1-800-826-3632; (312) 642-0049
e-mail: myrtis@aol.com
web site: <http://www.ndmda.org/>
 - **Depression and Related Affective Disorders Association (DRADA)**
e-mail: drada-g@welchlink.welch.jhu.edu
- National Foundation for Depressive Illness**
phone: 1-800-248-4344 or 1-800- 239-1265
web site: <http://www.depression.org/>