

Am I really "depressed"?



Now what can I do?

What are some symptoms?


- Deep sadness and hopelessness, lasting several days
- Loss of interest in anything; nothing brings pleasure
- Changes in sleep, eating; weight loss or gain; chronic fatigue
- Inability to concentrate or remember
- Often associated with a significant emotional event, like divorce!

There are no simple medical tests but likely my friends or family noticed it even before I did.

How did I get here?

Sometimes there are medical changes which trigger emotional changes. Often there are overwhelming emotional challenges, such as death of a loved one, divorce, or long term illness.

Am I stuck here?

When at the bottom of what seems like a deep, dark well it may feel impossible to crawl back to the  top.

Sometimes I wonder if I even want to try!

Seek the help of a doctor or counselor -

Be sure there are no serious medical problems causing these feelings. If there are psychological problems I must not pretend they don't exist. I will get appropriate help - for the sake of my family and myself.

Accept help from my friends -

Real friends will encourage me and guide when I am not able to make the right decisions or don't recognize the root of the problem.

Galatians 6:2-3(NIV) *Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks he is something when he is nothing, he deceives himself.*

Accept the reality of the situation -

Once I acknowledge that I have a problem, I have opened the door to healing. This doesn't mean I like it. It certainly doesn't mean I want to stay here!

James 1:2-4(NIV) *Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.*

Perseverance must finish its work so that you may be mature and complete, not lacking anything.

Put the problems in perspective -

I have a lot of "issues" right now! I may question my self esteem; my financial security is on the rocks; my ability to trust myself or others is in question; and the list goes on. However, I have not lost my faith; I will not lose my relationship with God, my family, or my friends. I am developing a new view of a new me for the future!

Take care of my body (so it will take care of me) -

I will eat well balanced meals, even when I don't feel like it; I will try to sleep enough; I will get proper exercise, even though I really don't want to get off the couch. It is tough but I really know it is for the best.

Become accountable to a friend -

I know my family or best friend will be here for me no matter what. I will ask them to help me stick to this plan, even when I gripe and resist!

Challenge the negative thoughts -

I sometimes get so bogged down with "stinking thinking"! I cannot just "turn off" the voices but can replace them with an exciting and positive view of the future and "The New Me".

Look to others as examples -

David was really down on himself (and for good reason) but he chose to not stay there. He turned it all over to God in Psalm 51. Paul struggled with doing wrong while wanting to do right. He never gave up or closed the door (see Romans 7:15-20).

Ask for and accept the help God has promised for His children -

I am simply not strong enough to do this alone. I do know where to go for help, however:

1 Peter 5:6-7(NIV) *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.*

Philippians 4:6-7(NIV) *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Get up and get moving

Philippians 4:13(NIV) *I can do everything through him who gives me strength.*

In spite of everything I feel and regardless how dark my world seems right now, I KNOW God is there and will life me up!

We are here to help you!

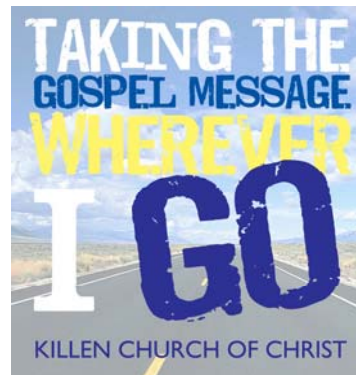
We would sincerely like the opportunity to talk with you more about this subject and share what God's word says about it. As Jesus said in John 8:32(NIV) Then you will know the truth, and the truth will set you free.

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We simply seek to share the message of love, hope, forgiveness and peace found through Jesus Christ.

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Overcoming Depression



*There is no light at the end
of my tunnel!*

