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& PSYCHALIVE

Effective Ways to Fight Depression

FREE WEBINAR with Lisa Firestone, Ph.D



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**THE GLENDON
ASSOCIATION**

**(For Professionals)
www.glendon.org**

PSYCHALIVE

**(For the Public)
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FACTS ABOUT DEPRESSION

- Depression is the most common mental health disorder in America.
- An estimated 1 in 10 U.S. adults report depression.
- Depression rates are rising. By the year 2020, it will be the second most common health problem in the world.



FACTS ABOUT DEPRESSION

- **Low self-esteem predicts depression, but depression does not predict low self-esteem.**
- **Negative self-concept has been found to be associated with depression in toddlers.**

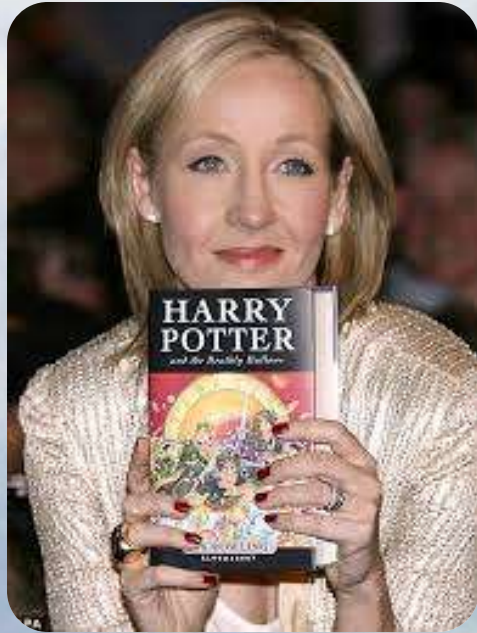
SOURCES

- APA - <http://www.apa.org/>
- NIMH - <http://www.nimh.nih.gov/>
- WHO - <http://www.who.int/en/>
- PBS - <http://www.pbs.org/>
- Infant Mental Health Journal
- Melissa Institute - www.melissainstitute.org/
- CDC - <http://www.cdc.gov/>
- NAMI - <http://www.nami.org/>

**For specific source links, please send requests to
Carolyn@PsychAlive.org.**

Depression is more than just
a “bad mood.”





“Depression is the most unpleasant thing I have ever experienced. . . It is that absence of being able to envisage that you will ever be cheerful again. The absence of hope. That very deadened feeling, which is so very different from feeling sad. Sad hurts but it's a healthy feeling. It is a necessary thing to feel. Depression is very different... Depression isn't just being a bit sad. It's feeling nothing. It's not wanting to be alive anymore.”

- J.K. Rowling, Author

Two Kinds of Depression

Major Depressive Disorder

- Can be a single episode or recurrent
- More severe symptoms



Dysthymia

- Less severe but persistent and pervasive
- Symptoms are similar but less intense



SIGNS AND SYMPTOMS OF DEPRESSION

- Persistent sad, anxious or "empty" feelings
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts
- Aches or pains, headaches, cramps or digestive problems that do not ease even with treatment





DEPRESSION TREATMENT

Only about two-thirds of those suffering with depression seek help.

However...

Depression is one of the most treatable illnesses: 80-90 percent of people find relief.



DEPRESSION TREATMENT

- **Psychotherapy:** It's critical for people suffering from depression to seek care from a licensed mental health professional who has training and experience in helping people recover from depression.
- **Medication:** Medications can be very helpful for reducing the symptoms of depression in some people. Often, a combination of psychotherapy and medication is the best course of treatment.
- **Support System:** The support and involvement of family and friends can play a crucial role in helping someone who is depressed.

How does psychotherapy help people recover from depression?



- Pinpoint the life problems that contribute to their depression and help them understand which aspects of those problems they may be able to solve or improve.
- Identify negative or distorted thinking patterns that contribute to feelings of hopelessness and helplessness that accompany depression.
- Explore other learned thoughts and behaviors that create problems and contribute to depression.
- Help people regain a sense of control and pleasure in life.

Eight Ways to Actively Fight Depression

- Recognize and conquer your critical self-attacks
- Think about what you could be angry at
- Be active
- Don't isolate yourself
- Do things you once liked to do ... even if you don't feel like it
- Watch a funny TV show or movie
- Don't punish yourself for feeling bad
- See a therapist
- Take medication if indicated



The Critical Inner Voice and Depression



Real Self vs. Anti-Self

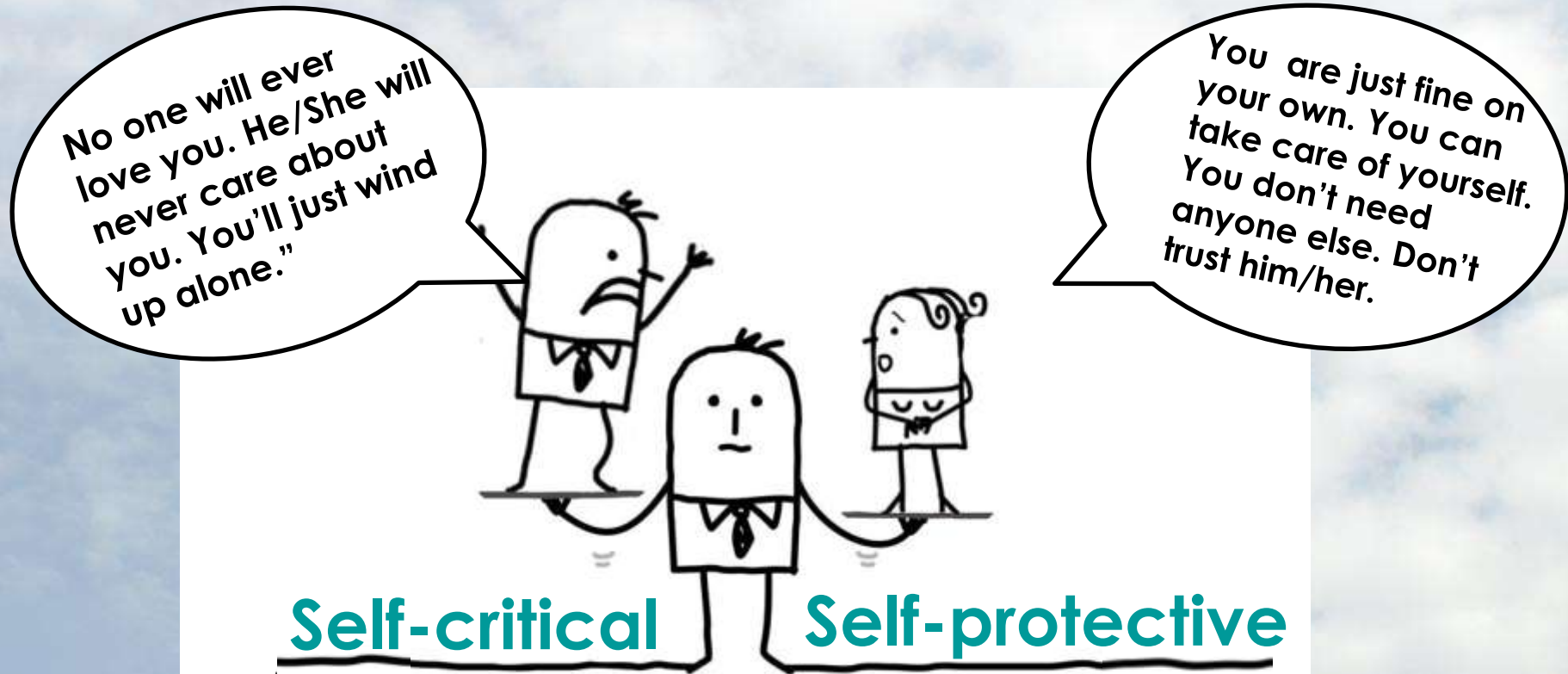


What is the Critical Inner Voice?

- The critical inner voice is a well-integrated pattern of destructive thoughts toward ourselves and others.
- The nagging “voices” that make up this internalized dialogue are at the root of much of our self-destructive and maladaptive behavior.
- The critical inner voice is not an auditory hallucination; it is experienced as thoughts within your head.
- This stream of destructive thoughts forms an anti-self that discourages individuals from acting in their best interest.



Critical Inner Voice



How does the critical inner voice affect us?

- The critical inner voice is an internal enemy that can affect every aspect of our lives, including our self-esteem and confidence, our personal and intimate relationships and our performance and accomplishments at school and work.
- These negative thoughts affect us by undermining our positive feelings about ourselves and others and fostering self-criticism, inwardness, distrust, self-denial, addictions and a retreat from goal-directed activities.



COMMON VOICES IN DEPRESSION

You just don't belong anywhere.

You're a horrible person!

Your life is so boring and empty.

Don't ever get too happy because the ax is bound to fall.

Nobody really likes you. You're unlovable.

You deserve all the bad things that are happening to you.

Don't show anybody how bad you feel.

Who do you think you are anyway? You're nothing!

You don't deserve anything.



Where Does the Critical Inner Voice that Causes Depression Come From?



Our critical inner voice is formed from our early life experiences. It stems from:

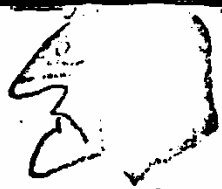
- Internalized attitudes that were directed toward us by parents or influential caretakers throughout our development
- Internalized negative thoughts that our parents or early caretakers had toward themselves



FEIFFER

by JULES FEIFFER

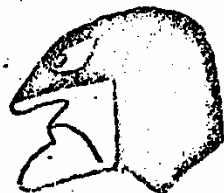
I AM A CRITIC.



I AM NOT A BOOK, ART
THEATRE, FILM, MUSIC
OR DANCE CRITIC.



I AM A
BERNARD
CRITIC.



A RESIDENT CRITIC WORKING
INSIDE THE HEAD OF A BERNARD.



HE WAKES UP I TELL HIM,
"YOU'RE LATE." AT THE OF-
FICE I TELL HIM "YOU'RE
BEHIND." AT DINNER PARTIES
I TELL HIM,
"YOU'RE
BORING."



WHEN HE FALLS IN
LOVE I TELL HIM,
"YOU'RE NOT GOOD
ENOUGH."



ON OCCASION HE CAN'T
TAKE ANY MORE RE-
VIEWS AND ORDERS
ME OUT OF HIS HEAD.



SO I RIP OFF MY
MASK AND SAY,
"IS THAT THE WAY TO
TALK TO YOUR
MOTHER?"

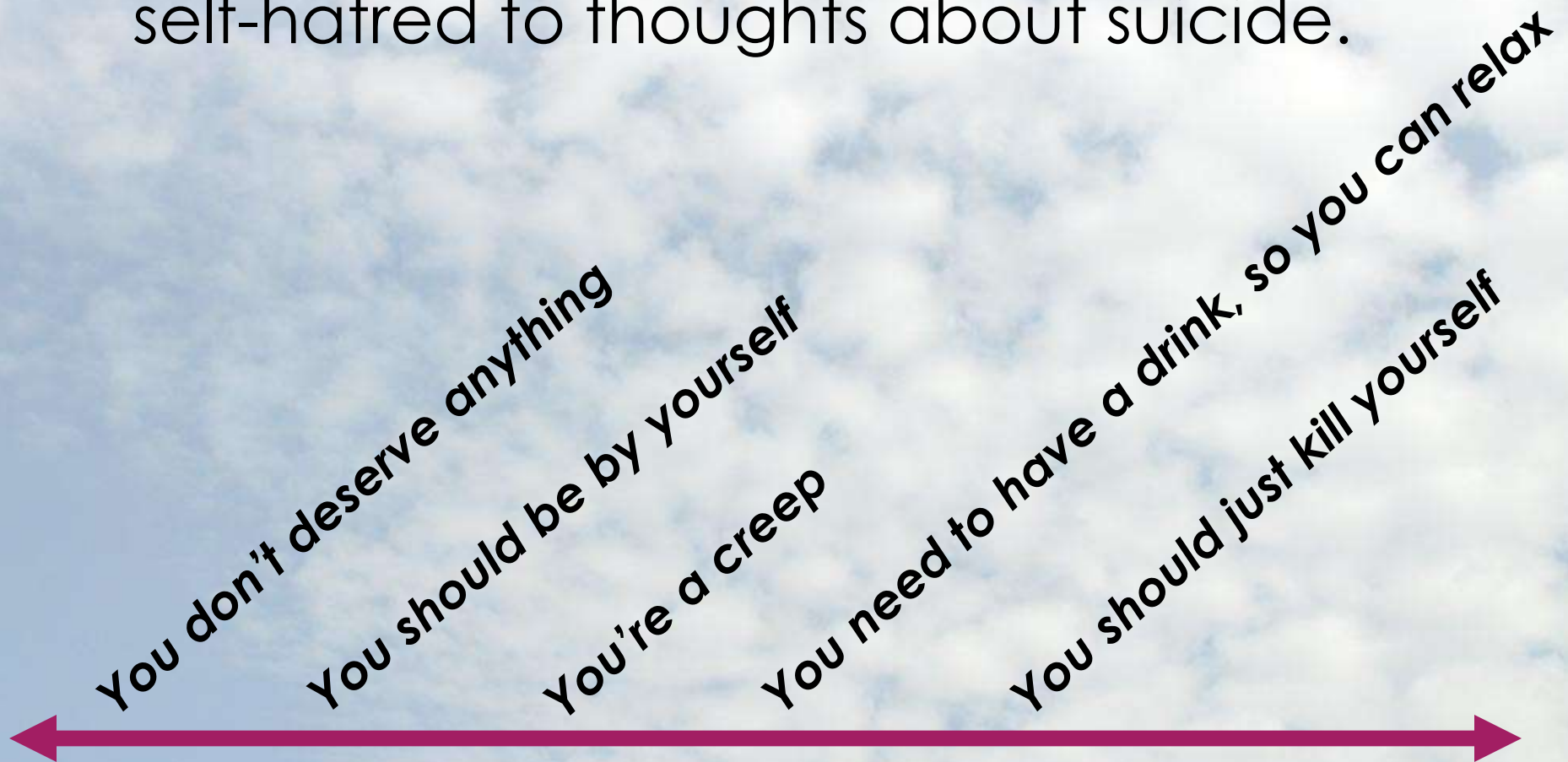


CRITIC BY JULES FEIFFER

THE NEW YORK TIMES MAGAZINE 1977

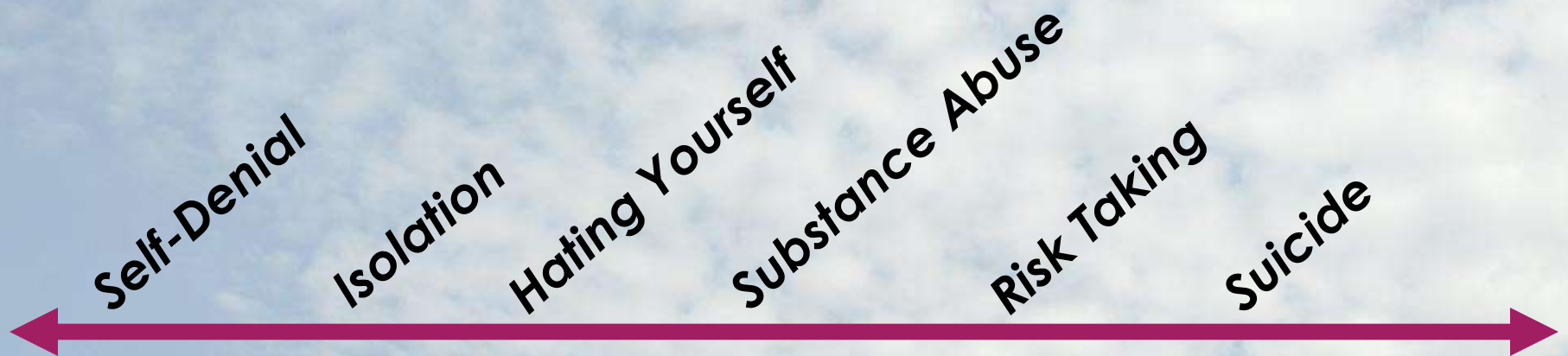
Continuum of Self-Destructive Thoughts

Negative thoughts exist on a continuum, from mild self-critical thoughts to extreme self-hatred to thoughts about suicide.



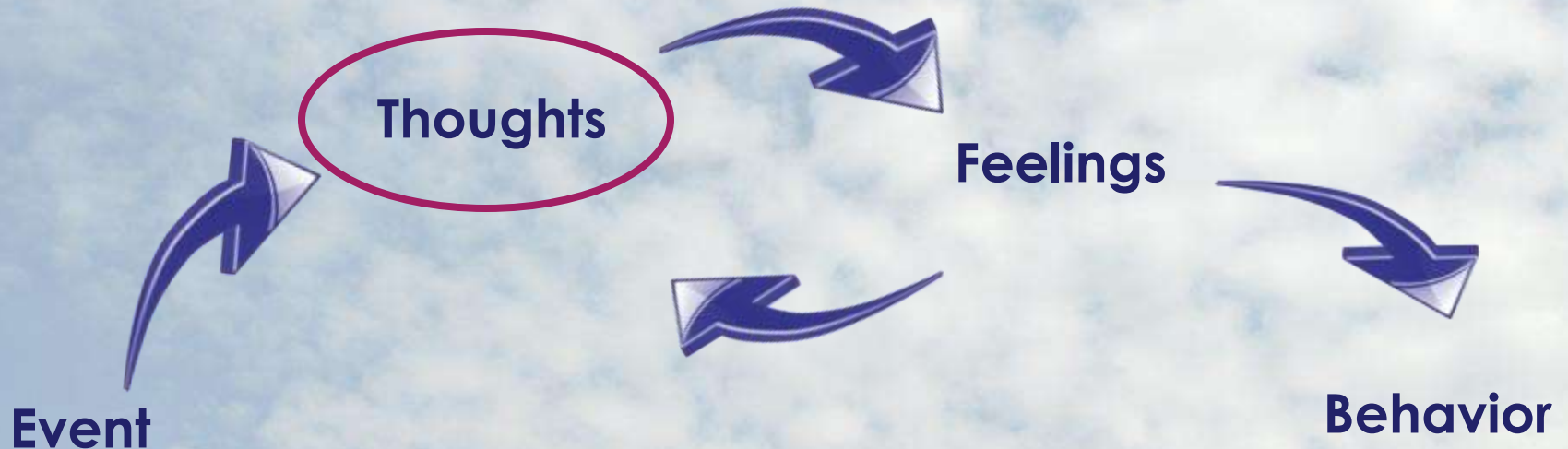
Continuum of Self-Destructive Behavior

Self-destructive behaviors exist on a continuum from self-denial to substance abuse to actual suicide.

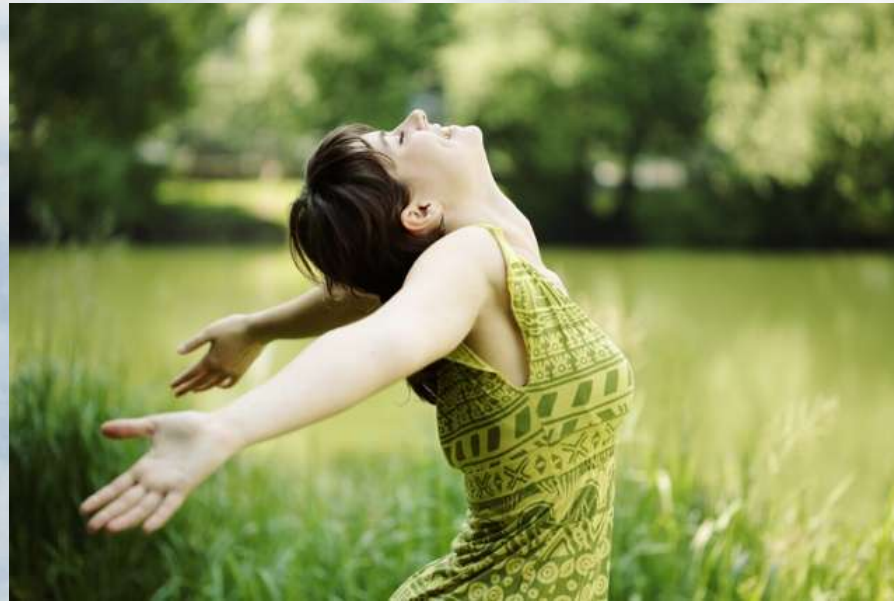


Our Approach to Self-Destructive Behavior

There is a relationship between these two continuums. How a person is thinking is predictive of how he or she is likely to behave.



Challenging the Critical Inner Voice



Identifying Your Critical Inner Voice

- Recognize the events that trigger your critical inner voice.
- Recognize the specific outside criticisms that support your critical inner voice.
- Become aware of times you may be projecting your self attacks onto other people.
- Notice changes in your mood.



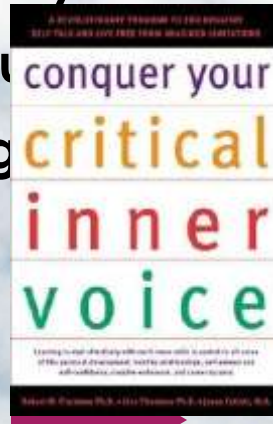
Think of Your Inner Critic as an External Enemy

All exercises from Conquer Your Critical Inner Voice

- Change “I” statements to “you” statements.
- This will help separate you from your inner critic from your real point of view.
- Do your self-critical thoughts sound like you of a point of view of someone in your past?

Example:

“I don’t feel like I’m an attractive person.”



“You’re not attractive.”

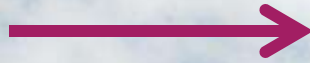


Respond Rationally to Your Inner Critic

Write down a more compassionate, realistic view of yourself.
Use the first person to respond.

Example:

“You’re so stupid.”



**“Sometimes I struggle with work,
but I catch on quickly
and do a good job.”**



Plan of Pleasurable Activities

Describe the activities
I plan to engage in

A weekly report of my critical
inner voices about my plan



Self

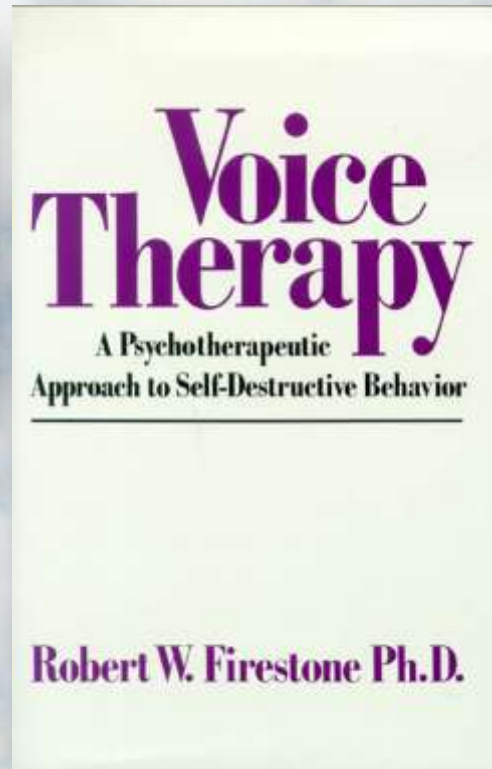


Anti-Self



Voice Therapy

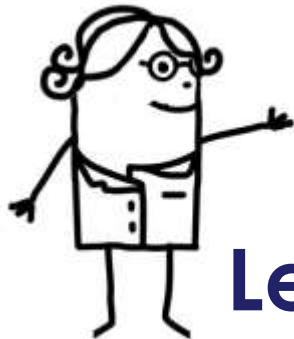
Cognitive/ Affective/ Behavioral Approach



eCOURSE

Overcome Your Inner Critic:

How to Free Yourself from Imagined Limitations



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WWW.ECOURSE.PSYCHALIVE.ORG

Anger often underlies depression.



Anger and Depression



- Self-blame, rumination, catastrophizing and reduced positive reappraisal were among the most valuable predictors of negative emotions, including anger and depression.
- Studies suggest that anger suppression, but not anger expression, is associated with mood, i.e. depression and anxiety.
- You can recognize and accept your anger in a healthy way that releases the emotion without allowing it to fester or be turned into an attack on yourself.

Be active.



Don't Isolate Yourself



Do Things You Once Enjoyed...

(even if you don't feel like it)



Watch a Funny TV Show or Movie



Don't Punish Yourself for Feeling Bad



Rumination

- A 2013 study of more than 30,000 people showed that harping on negative life events (particularly through rumination and self-blame) can be the prime predictor of some of today's most common mental health problems like anxiety and depression.
- Limit the time you allow yourself to think about negative thoughts or worries.



**Mindfulness can help with
recurrent depression.**



Mindfulness and Depression

- Mindfulness practices don't change our feelings or thoughts, but they do change our relationship to our feelings and thoughts.
- Mindfulness skills can benefit people struggling with depression by helping them to be better able to regulate and tolerate emotion.



See a Therapist



Psychotherapy and Depression

- It's critical for people suffering from depression to seek care from a licensed mental health professional who has training and experience in helping people recover from depression.
- Asking for help is a brave act.
- Speaking to a therapist is a healthy, productive endeavor from which every individual would benefit.
- Learning about the source of your pain can help alleviate its impact on your life.



Take Medication, if necessary.



C urious

O pen

A ccepting

L oving



Self-Compassion

Dr. Kristin Neff

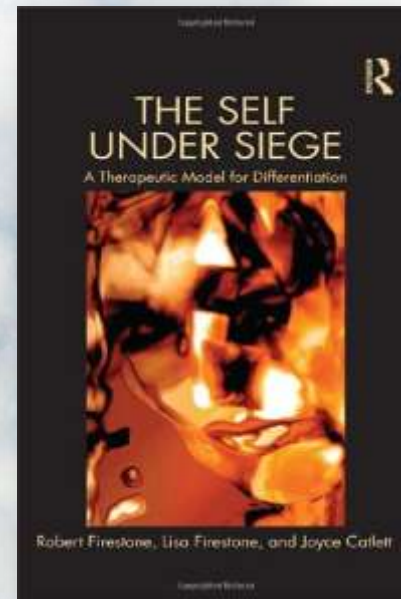
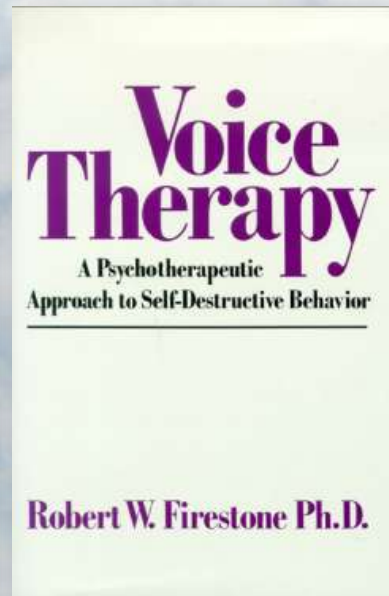
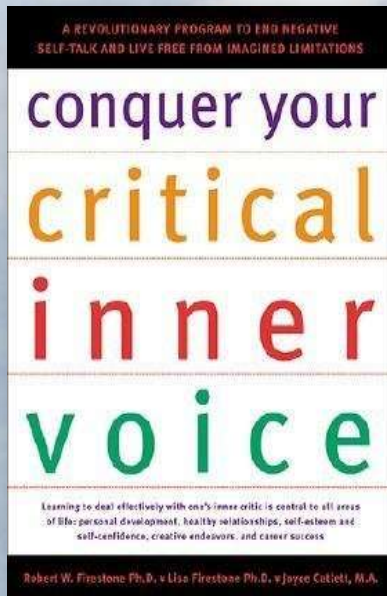
Self-compassion is not based on self-evaluation. It is not a way of judging ourselves positively; it is a way of relating to ourselves kindly.

Three Elements of Self-Compassion:

1. **Self-kindness** – Treating ourselves with kindness, as you would treat a friend, versus harsh self-judgment
2. **Common humanity** – how am I the same as others?
3. **Mindfulness** – being with what is in the present moment

SOURCE: <http://www.self-compassion.org/>

Resources: Books



Visit www.psychalive.org for resource links

eCourses

UPCOMING

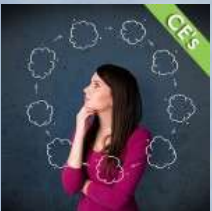


Oct 5 – Compassionate Parenting: A Holistic Approach to Raising Emotionally Healthy Children

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