

# Depression

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There is healing when it comes to depression.



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**Real Life**  
COUNSELING

“

*Although the world is full of suffering, it is also full of the overcoming of it.*

*- Helen Keller*

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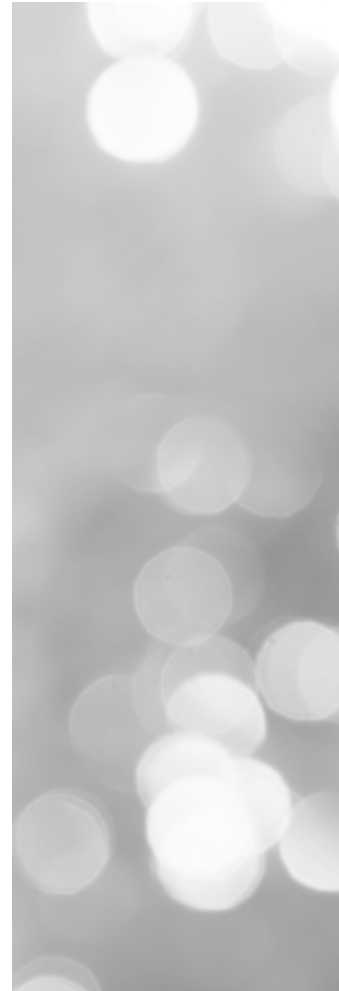
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# The Depression Issue

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Written By: Real Life Counseling

Your depression is as unique as you are. But whether you are experiencing severe or mild depression, you undoubtedly have tried to get yourself "unstuck." Let's face it, life under "normal" circumstances can be tough.

However, layer on a global pandemic and it's easy to see how depression can dominate your daily life.

The great news is that you are **NOT** alone also there is a plethora of information and resources that you can access at home! Nonetheless, therapy (all types) works and it's never weak to reach out for help.

In this issue, we'll be diving into depression. From the symptoms, the data, and finally, solid resources to help you find some relief in your journey through depression.



“

In the midst of winter, I  
finally learned that there  
was in me an invincible  
summer.

- *Albert Camus*

# What is Depression?

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***"It's important to know that depression is more than just feeling down"***

Depression is a mood disorder, one that makes you feel continual sadness or general lack of interest in life. Most people feel depressed or sad throughout their life. This is a normal reaction to a loss or challenging situations.

But when deep sadness -- including feeling hopeless & helpless lasts for many days to weeks and keeps you from living your life, it may be something more than sadness. You could have clinical depression, which is a treatable medical condition.

It's important to know that depression isn't a one size-fits-all. It can be mild to moderate with symptoms of apathy, minimal appetite, difficulty sleeping, low self-esteem, and low-grade fatigue to major depression, with symptoms of depressed mood most of the day, diminished interest in daily activities, weight fluctuations, insomnia or even hypersomnia, fatigue, feelings of guilt almost daily, and recurring thoughts of death or suicide.

# The Facts About Depression

## Depression Affects ALL People, Regardless of:



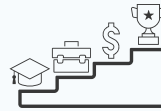
Age Range



Geographic Location



Demographic



Social Position

The Average **ONSET** of major depression is **32**

**1 in 8** **WOMEN** develop depression in their lives

**2x** **women** are 2x as likely as men to struggle with depression

Typically affects women ages 25 – 44

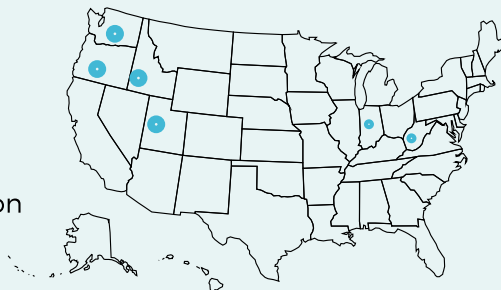
**3 million** American men are depressed

Men are over 4x as likely to complete suicide though women attempt more frequently.

## Adult Prevalence of Mental Illness

Top 6 states where adults struggle with depression:

- Utah
- Idaho
- West Virginia
- Indiana
- Oregon
- Washington



## There is HELP



People with depression are more likely to have heart attacks or strokes compared to non-depressed individuals.

**800-273-8255**

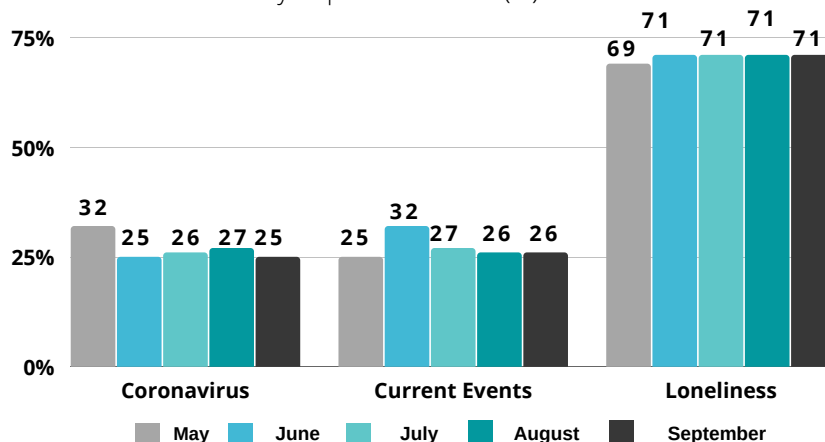
National Suicide Prevention Lifeline

## COVID-19 & DEPRESSION

2020 was an extreme strain on most of us – but the data proves it. The takeaway is self-care as we venture into 2021.

## Changes in Top Three Mental Health Concerns

May-September 2020 (%)



# Why Am I Depressed?

**Depression is an extremely complex disease. No one knows exactly what causes it, but it can occur for a variety of reasons.**

Some people experience depression during a serious medical illness. Others may have depression with life changes such as a move or the death of a loved one. Still others have a family history of depression. Those who do may experience depression and feel overwhelmed with sadness and loneliness for no known reason.



According to *Mental Health America*, it is estimated that in the U.S., around two-thirds of all cases of depression are undiagnosed

## C A U S E S O F D E P R E S S I O N

**Abuse:** Past physical, sexual, or emotional abuse can increase the vulnerability to clinical depression later in life.

**Certain medications:** Some drugs, such as isotretinoin (used to treat acne), the antiviral drug interferon-alpha, and corticosteroids, can increase your risk of depression.

**Conflict:** Depression in someone who has the biological vulnerability to develop depression may result from personal conflicts or disputes with family members or friends.

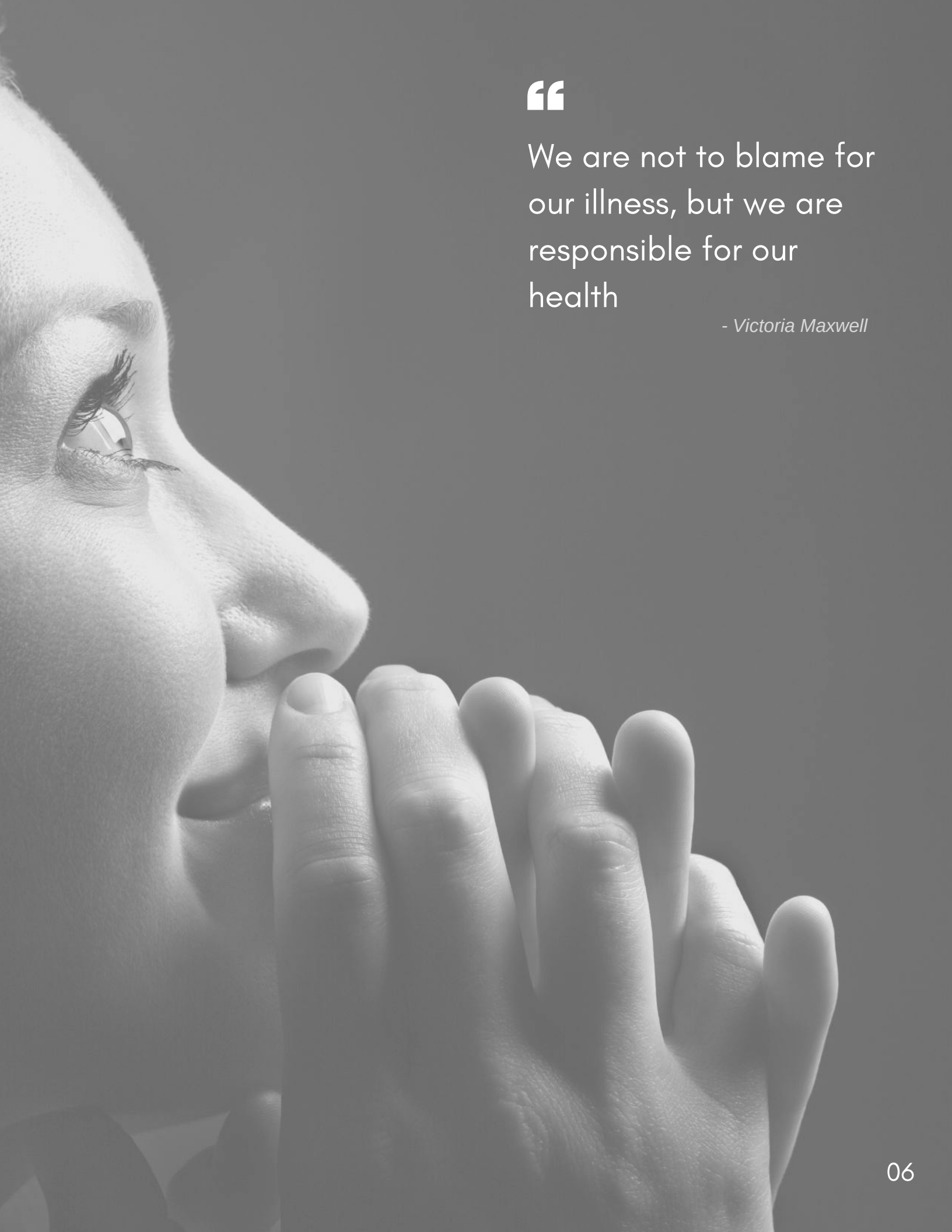
**Serious illnesses:** Sometimes depression co-exists with a major illness or may be triggered by another medical condition. Substance abuse. Nearly 30% of people with substance abuse problems also have major or clinical depression. Even if drugs or alcohol temporarily make you feel better, they ultimately will aggravate depression.

**Genetics:** A family history of depression may increase the risk. It's thought that depression is a complex trait, meaning that there are probably many different genes that each exert small effects, rather than a single gene that contributes to disease risk.

**Other personal problems:** Problems such as social isolation due to other mental illnesses or being cast out of a family or social group can contribute to the risk of developing clinical depression.

**Death or a loss:** Sadness or grief from the death or loss of a loved one, though natural, may increase the risk of depression.

**Substance Abuse:** Nearly 30% of people with substance abuse problems also have major or clinical depression. Even if drugs or alcohol temporarily make you feel better, they ultimately will aggravate depression.



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We are not to blame for  
our illness, but we are  
responsible for our  
health

- Victoria Maxwell



# Forms of Depression

There are many different types of depression. Events in your life cause some, and chemical changes in your brain cause others. Whatever the cause, your first step is to let your doctor know how you're feeling. They may refer you to a mental health specialist to help figure out the type of depression you have. This diagnosis is important in deciding the right treatment for you.

## Major Depression

Major depression is also known as major depressive disorder, classic depression, or unipolar depression. It's fairly common – about 16.2 million adults in the U.S. have experienced at least one major depressive episode.

People with major depression experience symptoms most of the day, every day. Like many mental health conditions, it has little to do with what's happening around you. You can have a loving family, tons of friends, and a dream job. You can have the kind of life that others envy and still have depression.

## Persistent Depression

Persistent depressive disorder is depression that lasts for two years or more. It's also called dysthymia or chronic depression. Persistent depression might not feel as intense as major depression, but it can still strain relationships and make daily tasks difficult.

## Manic Depression, or Bipolar Disorder

Manic depression consists of periods of mania or hypomania, where you feel very happy, alternating with episodes of depression. Manic depression is an outdated name for bipolar disorder.

In order to be diagnosed with bipolar I disorder, you have to experience an episode of mania that lasts for seven days, or less if hospitalization is required. You may experience a depressive episode before or following the manic episode.

Depressive episodes have the same symptoms as major depression.

## Depressive psychosis

Some people with major depression also go through periods of losing touch with reality. This is known as psychosis, which can involve hallucinations and delusions. Experiencing both of these together is known clinically as major depressive disorder with psychotic features. However, some providers still refer to this phenomenon as depressive psychosis or psychotic depression.

## Perinatal Depression

Perinatal depression, which is clinically known as major depressive disorder with peripartum onset, occurs during pregnancy or within four weeks of childbirth. It's often called postpartum depression. But that term only applies to depression after giving birth. Perinatal depression can occur while you're pregnant.

## Premenstrual Dysphoric Disorder

Premenstrual dysphoric disorder (PMDD) is a severe form of premenstrual syndrome (PMS). While PMS symptoms can be both physical and psychological, PMDD symptoms tend to be mostly psychological.

These psychological symptoms are more severe than those associated with PMS. For example, some women might feel more emotional in the days leading up to their period. But someone with PMDD might experience a level of depression and sadness that gets in the way of day-to-day functions.


# Symptoms of Depression

Depression can present different symptoms, depending on the person. But for most people, depressive disorder changes how they function day-to-day, and typically for more than two weeks. Common symptoms include:

- Changes in sleep
- Changes in appetite
- Lack of concentration
- Loss of energy
- Lack of interest in activities
- Hopelessness or guilty thoughts
- Changes in movement (less activity or agitation)
- Physical aches and pains
- Suicidal thoughts

There are many different types of depression. Events in your life cause some, and chemical changes in your brain cause others.

Whatever the cause, your first step is to let your doctor know how you're feeling. They may refer you to a mental health specialist to help figure out the type of depression you have. This diagnosis is important in deciding the right treatment for you.



*If five or more of these symptoms are present for more than 2 weeks, it may be a manic episode & it's advisable to seek medical advice.*



# TALK IT OUT

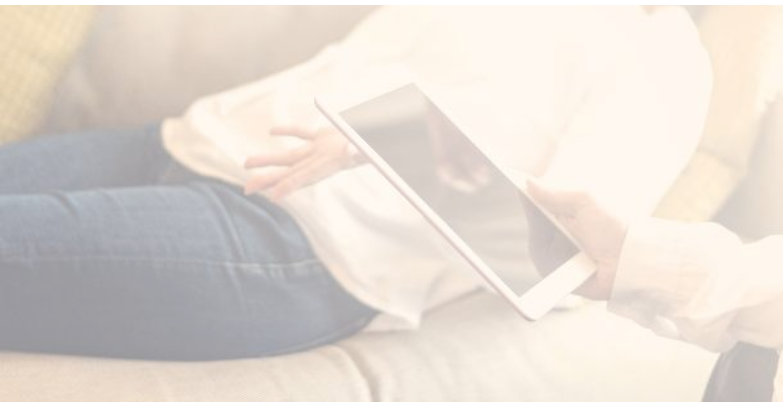
Talk therapy is a proven method of depression treatment. There are five broad categories of psychotherapy, according to the American Psychological Association.

*Let's dive deeper into those 5 categories*

## BEHAVIORAL THERAPY

The goal of behavioral therapy is to reduce or eliminate self-destructive or unhealthy behaviors by addressing them and also reinforcing desirable behaviors.

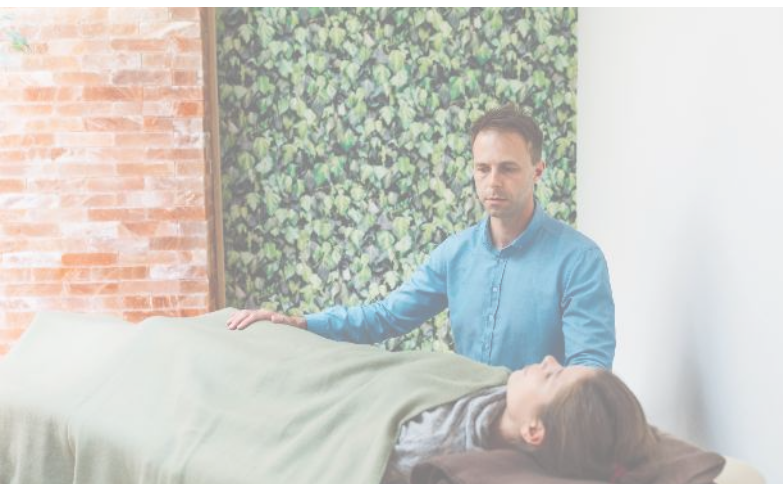
A therapist will ask you many personal questions about yourself. You will know you have found the right therapist if you feel comfortable talking to them. You may have to meet with several therapists before you find the right one.



## COGNITIVE BEHAVIORAL THERAPY

Also known as (CBT), Therapists who use cognitive therapy focus more on what you think rather than what you do.

In CBT, a patient and therapist work together to identify faulty thought patterns that are contributing to a problem and practice techniques to help reshape negative thought patterns.



## PSYCHODYNAMIC THERAPY

This approach takes a dive into the unconscious meanings and motivations of your feelings, thoughts, and behaviors. In psychodynamic therapy, a trusting relationship between the therapist and the client is ideally developed. Some people will refer to this as “talk therapy.”



## HUMANISTIC THERAPY

Within humanistic therapy are three subtypes: client-centered therapy, Gestalt therapy, and existential therapy.

## HOLISTIC OR INTEGRATIVE THERAPY

Rather than focusing on one style, therapists who use an integrative style of therapy blend elements from different theories to create a style that meets their client’s needs.



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The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.

- Victoria Maxwell

# Depression Self-Care



***"To love oneself is the beginning of a lifelong romance"***

- Oscar Wilde

If you are suffering from depression, there's no doubt that counseling, group therapy and even medication can help.

However, when it the thoughts of depression, we forget an important fact:

You have more power and control than you realize when it comes to regulating your depression.

Here are some actionable tips you can start integrating into your life - all from home and most are free.

## Ease Your *Depression* at Home

### Get Enough Sleep For You



Sleep allows your mind and body to recharge!

### Unconditional Pet Love



There's nothing better than the love of a pet!

### Move Your Body



Pump up your endorphins with exercise!

### Keep to a Schedule



Give yourself a reason to get out of bed!

### Eat Healthy Foods



Don't forget - food is your fuel. Eat to live!

### Do a Favorite Activity



Do something that you love & enjoy!

### Try Yoga or Meditation



Even a few minute a day can relieve some stress!

### Friends are Important



Isolation is not the answer. Engage friends!

# IN CLOSING

The good news is that depression is treatable. If you have symptoms of depression, talk to your healthcare provider. The sooner you get help, the sooner you can feel better

*The following pages are packed full of depression resources, links and phone numbers. Take charge of your depression today!*



# Depression Resources

## ONLINE - SELF-GUIDED HELP

**ONLINE DEPRESSION EVALUATION** – *Mental Health America* offers an online assessment that will help you gauge your depression. This is helpful information when you reach out to a therapist.



### **Depression Test**

The Depression Test is for individuals who are feeling overwhelming sadness. The depression test is also available in Spanish.

<https://screening.mhanational.org/screening-tools/depression/>

## YOGA

**Yoga with Adrienne**

<https://www.youtube.com/watch?v=bJJWAfKa0>

**Yoga Journal**

<https://www.yogajournal.com/poses/yoga-by-benefit/anxiety>

**Healthline Website**

<https://www.healthline.com/health/anxiety/yoga-for-anxiety>

## TALK THERAPY

**Medical News Today**

<https://www.medicalnewstoday.com/articles/online-therapist-for-free>

**ADAA Website**

<https://adaa.org/finding-help/treatment/low-cost-treatment>

**Real Life Counseling**

<https://reallifecounseling.us/>

**Vibrant Website**

<https://www.vibrant.org/>

## EXERCISE

**Very Well Mind**

<https://www.verywellmind.com/physical-exercise-for-panic-disorder-and-anxiety-2584094>

**ADAA Website**

<https://adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>



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# YOU ARE NOT ALONE

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**Above all, remember that you aren't alone. Do not struggle with your depression in isolation.**

**If you are in the Portland/Vancouver area, we are accepting new patients for counseling.**

**Contact Us:**

**(360)-619-2226**

<https://reallifecounseling.us/request-an-appointment/>

*If you are feeling suicidal, there is help! Call  
the national suicide prevention lifeline at:  
800-273-8255*