

UNDERSTANDING DEPRESSION

"Why do I feel like this?"

Soul Care Therapy

Issue 2



<https://soulcare.simdif.com>



Terms of use/Disclaimer

Soul Care Therapy is a licensed life coach/minister company that operates on Christian principles. Our website and resources are designed to provide useful information, and we strive to ensure they reflect current research. It's important to note that the guidance provided is for general purposes only and may not apply to every situation, particularly in the context of children/classrooms/settings. If you choose to use these resources, it's crucial to adhere to your setting's safeguarding policies and procedures. Moreover, always obtain consent and make sure the young person / Adult understands the importance of disclosing any potential harm.

At Soul Care Therapy, we highly value the power of word of mouth. Therefore, we encourage you to share our printables with your friends, teachers, parents, colleagues, and anyone else who may benefit from them..

Please note that it's prohibited to sell Soul Care Therapy resources. We kindly request that you do not embed or link to our resources on any website, including your own. We also ask that you refrain from reproducing or copying our work. We appreciate your consideration.

If you are interested in utilizing our resources in your professional practice (as a therapist, coach, etc.), please contact us at soulcaretherapy1@gmail.com to obtain permission to use our resources.

For any specific requests regarding the use of our printables, please reach out to us at soulcaretherapy1@gmail.com

With gratitude,
Soul Care Therapy Team

While this eBook remains the property of Soul Care Therapy, you can share it with anyone you know who may be having trouble/ Struggling with Depression.



A division under the umbrella of African Survivor Foundation. 169-226 NPO

Jain Batten
OWNER

+27749142341
soulcaretherapy1@gmail.com
<https://soulcare.simdif.com>
Buiten Street, Krugersdorp - South Africa
whatsapp - +27847961600

Website QR Code

Certified Christian Life Coach/Minister/ Forensic Psychologist



The QR code attached to this material/workbook signifies that the content presented herein is the intellectual property of Soul Care Therapy and ASF Designs.



Editor-in-Chief

Stephan Bester

Managing Editor

Iain Batten

Content Director

ASF Designs

Art Direction

ASF Designs

Contributing Writers

Iain Batten

Grant Schoeman



A DIVISION OF THE AFRICAN SURVIVOR FOUNDATION



DEPRESSION

Depression can be described as a prolonged, unexplained sadness that impacts your everyday life. Individuals who are depressed often feel trapped beneath feelings of overwhelming hopelessness for an extended period of time. No matter how impossible it may seem to overcome, there is hope for those who suffer from depression.



I felt totally and completely alone...like I was on an island all by myself and no one could help me.

”

- Stacey



4



Ever since I was child, I've had a really big problem with depression. I'd do alright, fighting it back and making everything seem like it's alright for a little bit, but it always comes back.

- Leon

”



<https://soulcare.simdif.com>

You are not Alone.
Depression doesn't have
to ruin your life.
#nostigmaattached.



5

Soul Care Therapy - 2024/2025



01.02.2025 @ 08:22 UTC

YOU ARE NOT ALONE

DEPRESSION STATISTICS

- 16 million South Africans have at least one major depressive episode each year.
- 350 million people worldwide suffer from depression.
- An estimated 3 million young people in South Africa had at least one major depressive episode in the past year. This number represents 12.5% of the S.A. population aged 12 to 17.
- 1 in 5 people will have a depressive episode at least once in their life.
- Women experience depression at a rate that is nearly twice that of men.
- About 6 million men in South Africa struggle with depression in a year.



SYMPTOMS OF DEPRESSION

- Feelings of overwhelming sadness, hopelessness, or anger
- Low self-esteem or feeling worthless
- Crying a lot for no specific reason
- Gaining or losing weight without trying to
- Inability to sleep regularly
- Inability to concentrate or make decisions
- Avoiding enjoyable activities or hobbies
- Feeling mentally and physically exhausted
- Thoughts of death or suicide, or thinking that “More people will love me if I’m dead” or “Everyone is better off with me out of the picture.”

**Do any of these statements resonate with you?
"Contact us, and we will provide you with
information regarding our Quick Depression
Test."**





There are a variety of possible causes for depression, from poor physical health to experiencing a traumatic event.



WHAT CAUSES DEPRESSION?

Causes for depression generally fall into these categories:

Physical causes of depression include hormonal imbalance, medication side effects, drug abuse, chronic illness, insufficient rest or exercise, and genetic vulnerability.

The emotional causes of depression may stem from internalized stress related to various aspects of life, including issues at home, school, work, relationships, or personal crises. Additionally, suppressed fears—such as the fear of loneliness—and repressed anger concerning loss or perceived injustices can also contribute to the onset of depression.

Genetics can elevate an individual's susceptibility to depression. While it is not an absolute certainty, a family history of mental illness often correlates with an increased likelihood of experiencing similar challenges.





<https://soulcare.simdif.com>

TYPES OF DEPRESSION

Major Depressive Disorder When you have a single bout of depression or recurring episodes over a short period of time.

Persistent Depressive Disorder When your depression lasts two or more years.

Bipolar Disorder When you experience cycles of depression that alternate with extreme highs called "manic episodes."

Seasonal Affective Disorder When your mood is affected by sunlight or the changing of the seasons, making you more likely to be depressed during the winter.

Postpartum Depression When you experience a depressive episode caused by hormonal changes following childbirth, lack of sleep, and the stress of taking care of a new baby.

Psychotic Depression When major depression or bipolar disorders are accompanied by hallucinations, delusions, or paranoia.



10



KEEP IN MIND

- Depression is NOT a weakness.
- Depression is NOT something to be ashamed of.
- Depression is NOT a condition that you can “snap out of” or “will away.”
- Depression is NOT something to keep secret.





OVERCOMING

DEPRESSION

For most people who are depressed, overcoming it is a journey. Your depression will likely fluctuate over time rather than you just “snapping out of it” one day. There are a lot of things you can do to help yourself get to a better place emotionally.

Cole articulates with [Soul Care Therapy](#), "Individuals often feel misunderstood; however, that perception is misleading." He emphasizes, "Recognizing this and being open to conversation can lead to genuine support from others." SCT played a pivotal role in guiding me through a challenging period in my life.





Ways to Cope with a Depressive Episode

- 1** Stay connected to your emotional support system, especially close friends and family. A common mistake many depressed people make is to isolate themselves, which actually intensifies their feelings of worthlessness.
- 2** If you find yourself struggling or feeling overwhelmed, do not hesitate to seek assistance. Sharing your concerns with a friend or loved one can significantly lighten your emotional burden. Consider confiding in a trusted parent, adult, or friend about your feelings of depression; their support can provide encouragement and help hold you accountable for your well-being.
- 3** Maintaining physical health significantly influences emotional well-being. Regular exercise releases endorphins in the brain, enhancing mood and strengthening the immune system, which can alleviate symptoms of depression. Engaging in outdoor walks several times a week, staying adequately hydrated, ensuring sufficient sleep, and selecting nutritious foods are all essential practices for promoting overall health.
- 4** Seek a creative outlet for self-expression, such as writing or drawing. Engaging in these activities can facilitate the constructive processing of your thoughts and emotions.



5 If you continue to deal with depression, talk with your doctor to see what options are available for help. There are many effective treatments for depression, so don't lose hope!

The 2 most common treatment options are:

- ***Medication as Prescribed by a Physician****

Antidepressants are utilized to restore healthy levels of specific neurotransmitters in the brain.

- ***Psychological Counseling****

Engaging in discussions about your depression with a counselor can be highly beneficial.



<https://soulcare.simdif.com>

6 Exercise gentleness and patience towards yourself, allowing ample time for healing.

If you or a loved one is dealing with thoughts of death or suicide, please reach out for help! Talk to a trusted adult, parent, pastor or school counselor about how you've been feeling.

If you need support NOW, call the Suicide Prevention Lifeline at 800-567-567.



HOW TO HELP SOMEONE WHO'S DEPRESSED

If you've noticed a friend or loved one acting unusual and suspect they may be depressed, these are common signs to look for:

Your friend doesn't want to do things you both love to do

Your friend starts abusing drugs and/or alcohol

Your friend stops going to classes, after school activities, or work

Your friend talks about feeling bad, ugly, stupid or worthless

Your friend stays alone a lot of the time

Your friend talks about death or suicide

If you suspect a depressed friend or loved one is suicidal, talk with them about it in a non-judgmental, loving way. Offer support by letting them know you are there for them, listen thoughtfully, and be gentle but persistent.



Here are some tips to encourage someone dealing with depression:

- 1** Don't judge what they are feeling. Rather, acknowledge that their pain is very real. It will mean a lot to have someone validate what they are feeling.
- 2** Check up on them often and invite them to hang out or do an activity you both enjoy. Don't give up every time they bail or say "no." That's the depression talking, and your friend needs you to keep reaching out.
- 3** Give your friend or loved one this suicide hotline number to reach out for help if they are dealing with suicidal thoughts: **National Suicide Prevention Lifeline, 800-567- 567.**
Write your friend or loved one an encouraging note letting them know you care about them and they are not alone.

NB **Share this eBook!** Struggling with depression can feel very lonely, even with the support of friends. Having this information about depression in front of them may be helpful to your friend.

Let them know about other resources at **Soul Care Therapy.** Here are a couple more trusted resources for understanding depression:



5 THINGS YOU SHOULD NEVER SAY TO A FRIEND IN PAIN



<https://soulcare.simdif.com>

It is tempting to want to “fix” your friend and say things you think may be helpful. However, even though you have the best intentions, you need to be careful how you choose your words.

NB

Here are some phrases to avoid:

“What do you have to be depressed about? There are people who have it much worse than you.”

The depressed person already knows that and likely feels ashamed. Often the most frustrating part of depression is that they can’t explain *why* they feel like they do. Imagine what it must feel like to have a good life and not be able to enjoy it. By asking them this question, you will make them feel even worse for not seeming grateful for what they have.



18

Soul Care Therapy - 2024/2025



01.03.2025 @ 08:22 UTC



"Happiness is a choice. You just need to change your mindset and focus on the positive."

When you say this to someone struggling with depression, you are essentially telling them that they are **CHOOSING** to be sad... that they are bringing this depression on themselves. If it was as simple as choosing to be happy, don't you think they would?

"You don't need medication."

Unless you are a doctor, **DO NOT** give clinical or medical advice. Leave that to the professionals. Rather, encourage someone facing depression to talk it over with their doctor, and do not judge them if they follow their doctor's advice to try medication.

"You're depressed again?"

They are already scared to be falling into depression again. Part of that fear is that they're becoming a burden to their loved ones. For you to sound annoyed does not help assuage their worries.

"Are you reading your Bible enough? Are you praying enough?"

To someone who is depressed, asking them this question feels as if you are saying, "If you just trusted God more or had more faith, you wouldn't be depressed." As if somehow you're suggesting it is their fault God hasn't healed them or that God acts based on our behavior. However, none of us can **"DO ENOUGH"** to make God act how we think He should.

Thankfully, God's love and provision are not based on our performance. God's ways are wiser than ours, and He loves us like crazy. Instead, remind your friend that God is a healer, a refuge, and never gives up fighting for those who are in pain.



A SPIRITUAL PERSPECTIVE ON DEPRESSION

Depression can feel like an overwhelming, hopeless experience.

You may even feel like your depression will never end, but there is hope and help.

There are so many verses in the Bible that invite you to *“cast off your burdens”* and let the Lord sustain you. No matter what issues or problems you are dealing with, know that God loves you and you are valued in His eyes.

In fact, the Bible says Jesus came to earth and died so that everyone can have *“more and better life than they ever dreamed of...”* [John 10:10 The Message].

God has a vested interest your life and He knows you by name. he wants you to feel loved, accepted and joyful. Whatever your struggles, there is *a solution*, and God himself is rooting for you to find it.

» THE SOLUTION

Don't lose hope. Keep fighting. *You can* find peace in the midst of depression.

FIND
YOUR
Purpose



A SPIRITUAL PERSPECTIVE ON DEPRESSION

Some verses for HOPE when struggling with Depression

Isaiah 41:10 - NIV

10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

God is with us. Regardless of how we are feeling in the moment. Often our faith begins on feelings. God comforts our feelings. We see the world with new and fresh eyes. We are filled with enthusiasm.

Psalms 3:3 - NIV

3 But you, Lord, are a shield around me, my glory, the One who lifts my head high.

God shields our soul from the lies of depression. Cognitive therapy is basically spotting the lies depression is telling us and replacing them with truth. Regardless of the origin of depression we begin to think repetitive lies.

These are merely two examples of the **numerous impactful** verses addressing depression. I encourage you to explore further on your own.





<https://soulcare.simdif.com>

If you want to know more about having a relationship with God or have questions about depression, **chat online** via whatsapp or through our website



+2784 796 1600

22



Watch out for our other eBooks Available soon:

Understanding Grief and Loss

Understanding Suicide

Understanding Self-Worth

Understanding Lying

Understanding Dating

Understanding Anxiety

more interesting Christian articles are also available on
our website at: <https://soulcare.simdif.com>



**Issue 3 out
soon!**

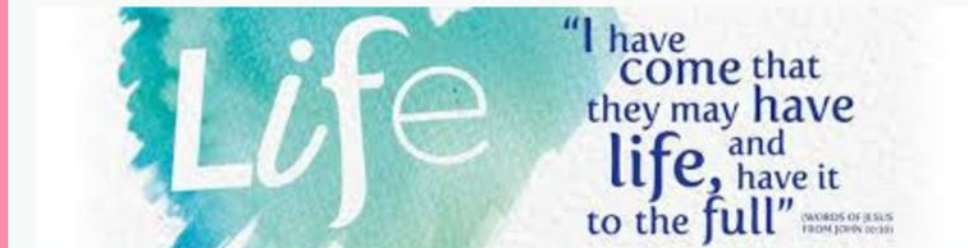


23



Feedback

We would love your feedback on this eBook about Depression.
Please feel free to give any comments on our website, email or
Whatsapp
(We look at each and every comment!)



If you have found this eBook helpful, please help us get our eBooks into the hands of others by donating [HERE](#).



Scan the QR code for convenient access to our payment gateway. Enjoy a hassle-free experience.



SOURCES

1. Smith, Melinda, Joanna Saisan, and Jeanne Segal. "Depression Symptoms and Warning Signs." Depression Symptoms & Warning Signs: How to Recognize Depression Symptoms and Get Effective Help. HelpGuide.org, 1 Feb. 2015. Web. 07 Apr. 2015.
2. Smith, Melinda, and Jeanne Segal. "Teenager's Guide to Depression." A : Tips and Tools for Helping Yourself or a Friend. HelpGuide.org, 01 Feb 2015. Web. 07 Apr. 2015.
3. "Depression." NIMH RSS . National Institute of Mental Health, 2011. Web. 07 Apr. 2015.
4. "Depression (major Depressive Disorder)." Depression and Anxiety: Exercise Eases Symptoms . Mayo Clinic, 10 Oct. 2014. Web. 07 Apr. 2015.



SOUL CARE MAGAZINE

<https://soulcare.simdif.com>

ISSUE NO.02

26