

***Common Causes, Symptoms, and Strategies for Treating Depression***

| Possible Causes of Depression                       | Symptoms   | Strategies for Treating Cause  | Page # in <u>Overcoming Depression</u> |
|---|--|--|--|
| 1. Beating yourself up                              | Using negative self-talk (e.g., Saying either out loud or to yourself things like “That was a stupid thing to say!”) | <ul style="list-style-type: none"> <li>• Make a conscious decision to say ONLY positive or encouraging things to yourself. (e.g., “I guess that I’m O.K. because I know that Spirit doesn’t make junk!” Or “At least I got that off my chest!”)</li> </ul> | 69                                     |
| 2. Holding frustration and/or anger inside yourself | Feeling frustration or anger and not telling anyone  | <ul style="list-style-type: none"> <li>• I-messages – I feel _____ when you do _____.<br/>(e.g., “I feel angry when you show up ½ hour late without calling.”)</li> </ul>  | 45                                     |
| 3. Post-Traumatic Stress Disorder (PTSD)            | Re-experiencing a trauma by dreams, “flashbacks”, feeling anxious in situations which remind you of the trauma       | <ul style="list-style-type: none"> <li>• EMDR (Eye Movement Desensitization and Reprocessing).</li> </ul>  | 17                                     |

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| 4. Stress                                       | You have too much going on in your life and feel depressed and overwhelmed when you think of what you have to accomplish   | <ul style="list-style-type: none"> <li>• Identify all of your stresses and decide which ones you will need to accept and which ones you can do something about.</li> <li>• Learn meditation, relaxation, Yoga or Tai Chi.</li> <li>• Ensure a day of rest every week, if possible.</li> </ul> | 41                                     |
| 5. Not honoring or validating your own feelings | You tend to disregard what YOU feel like doing in day-to-day living. Instead you spend time doing what you feel you SHOULD be doing or what others want you to do. | <ul style="list-style-type: none"> <li>• Before you make any decisions about how you are going to use your time, take a moment to get in touch with your “center” and decide what you feel like doing right now. See if it is possible to do this (without losing your job!).</li> </ul>      | 46                                     |
| 6. BiPolar Disorder (Manic Depression)          | Extreme mood swings When “up” feel delusional (e.g., might think you are the King or Queen of England)   | <ul style="list-style-type: none"> <li>• Obtain an referral from your family doctor to a local Mood Disorder Clinic for an evaluation.</li> <li>• If medication ineffective, consider Attention Deficit/Hyperactivity Disorder (AD/HD).</li> </ul>  | 10                                     |

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| 7. Not taking care of your Mind                   | Mind is always racing worrying about past events and future possibilities                     | <ul style="list-style-type: none"> <li>• Train your mind to stay in the present moment – live in the NOW.</li> <li>• Learn how to meditate.</li> <li>• Provide opportunities to listen to your own mind and to connect with Spirit – through journaling or sitting quietly.</li> <li>• Keep your mind exercised by being a lifelong learner and continuing to learn about areas of interest to you.</li> </ul> | 88                                     |
| 8. Not taking care of your Body                   | Body feels exhausted, muscles stiff or uncomfortable  | <ul style="list-style-type: none"> <li>• Make sure you are getting enough fresh air, sunshine, exercise, good nutrition, water. At the very least, go for a walk 3 times per week for ½ hr. Combine stretching with muscle-building exercises. Have an annual physical check-up.</li> </ul>  | 39                                     |
| 9. Thyroid, Hypo-glycemia, Fibromyalgia, Diabetes | Sudden or constant feeling of fatigue even though you are taking care of your body (as above) | <ul style="list-style-type: none"> <li>• Ask your family physician to investigate reasons for your symptoms and obtain appropriate treatment.</li> </ul>   | 39, 41                                 |

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| 10. Under-achievement  | Feel that you could/should be accomplishing more in your life                         | <ul style="list-style-type: none"> <li>• Explore all possible reasons that you may be under-achieving: – learning, attention, reading, self-confidence, lack of study skills - see <i>Matt's Story</i> (p. 20)</li> <li>• Correct the problem.</li> <li>• Obtain a vocational assessment.</li> </ul>      | 20                                     |
| 11. Lack of sleep  | Feel tired a lot of the time and depression lifts when you are able to get some sleep | <ul style="list-style-type: none"> <li>• Make sure you get to bed on time to allow for 8 hours of sleep.</li> <li>• Relax or meditate for 20 min. during the day.</li> <li>• If you have trouble falling asleep, cut back on your caffeine, give yourself transition time to fall asleep.</li> </ul>      | 39                                     |
| 12. Living in a relationship in which you do not feel valued | Feeling unappreciated by your partner   | <ul style="list-style-type: none"> <li>• Use <i>I messages</i> (e.g., “I feel _____ when you _____.”)</li> <li>• Accept yourself and the other person just the way you are.</li> <li>• Examine possible ways in which you are undervaluing your partner. Find things to appreciate in him/her.</li> </ul> | 54, 88                                 |

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| 13. Lack of proper nutrition  | Eyes dull, skin pale, dark circles under eyes, no energy, feeling physically ill<br>(Note: These symptoms could be due to a number of causes and should be thoroughly investigated) | <ul style="list-style-type: none"><li>• Eat foods that give you a balance of fresh fruit, vegetables, starch and protein. See Appendix C page 127 for examples of foods in each of these categories. Reduce or eliminate alcohol, tobacco, caffeine and sugar.</li></ul>              | 40                                     |
| 14. Lack of water             | Dry, brittle skin, constipated  | <ul style="list-style-type: none"><li>• Drink 6-8 glasses of water per day.</li></ul>   | 39                                     |
| 15. Brain allergy             | Feelings of depression, bad moods, anxiety or tiredness come and go for NO apparent reason  | <ul style="list-style-type: none"><li>• Identify possible food or environmental sensitivities. Remove them from your diet and see if you feel better. See an allergist, nutripath, homeopath or naturopath and don't give up until you have found the cause of the problem.</li></ul> | 10, 32                                 |

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| 16. Poor spinal alignment     | Get headaches, have poor posture, sore back                          | <ul style="list-style-type: none"> <li>• See a chiropractor or physiotherapist.</li> </ul>  | 41                                     |
| 17. Pain                      | Your body hurts!   | <ul style="list-style-type: none"> <li>• Determine the cause and alleviate it through gentle stretching, meditation, hypnosis or acupuncture. If it is untreatable, get a referral from your family physician to a Pain Clinic. Learn techniques for living with pain.</li> </ul> | 41, 88                                 |
| 18. Early unresolved loss     | Inability to bond with others or fear of attachment                  | <ul style="list-style-type: none"> <li>• Counseling from a therapist who specializes in attachment, EMDR.</li> </ul>  | 59                                     |
| 19. Grief and loss issues     | Feelings of sadness, anxiety and/or withdrawal when recalling events | <ul style="list-style-type: none"> <li>• Counseling which normalizes stages of grief and permits release of feelings.</li> </ul>  | 49                                     |