

Vergal C. "Chuck" Dawson, MA, LMFT # 0695

NOTES ON DEPRESSION (neuralpenepherin psychomotor deficit serotonin ocd grief dopamine joy)

Undiagnosed hypothyroid

What are the causes? Grief, Shame, Disappointment, Hurt, Anger, Perceived lack of options, Overload. Internal Aggression

We use the Term "Affect" Physical changes, heart rate, muscle tension, breathing

LACK OF RELAXATION

We tend to use "Emotions" Affect and Emotions tend to occur together

When this persists we call it a Mood Question is the "Intensity"

Winter morning dull headache hours ahead of boredom could equal Depression

ARE YOU REALLY DEPRESSED? Mildly blue vs Hopelessness, apathy, dejection, loneliness

DEPRESSION IS EXAGGERATED SADNESS WITH PESSIMISM! Inability to experience pleasure

Sleep state: early up no rem, broken sleep

WHAT CAN BE DONE?

PMS? Its the hormone cocktail that creates the level causing the onset of depression throughout the menstrual cycle. Your personal

cocktail will determine your propensity. Low doses of **antidepressants** taken a week or ten days before your period can also help.

Change your diet use your doctors directions... **no high sugar, increasing protein, get high fiber foods.** That with **exercise** maybe even low doses of antidepressants before your period.

What can we all do? **Self Talk Affirmations** **Look Good**
Exercise **Mind images** PET scan change the brain Relax

Duration judgement is extended with stress.. fight/flight

Cabin Fever: (seasonal affect disorder) stopping sun rays 6:45
The Iris unstimulated sedative melatonin
Sun rays begin melatonin shut down we get energy

Get help family friends, Church, Doctor, Therapist

There are a couple of types of Therapy that is effective with Depression:

CBT Belief systems **IPT Balance Personality**

Intervention direction tools and skills monitoring

Relaxation **underlying issues**

for mail only
Box 2480
CORRALES NM 87048

chuck@chuckdawson.com
www.chuckdawson.com

for messages and fax only:
Msg. (505) 898-9380
Fax only: 898-9372