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

Undiagnosed hypothyroid condition Pain circuit activation

What are the causes? Grief, Shame, Disappointment, Hurt, Anger, Perceived lack of options, Overload. Internal Aggression, Rage turned inward, Brain learned neural pathways Rage directed inward

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

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 the pain of being ”

Sleep state: early up no rem, broken sleep, too much or too little Can t stay out of bed.

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 (st. Johns Wort).

Change your diet use your doctors directions... **no high sugar, increasing protein, get high fiber foods.** Omega 3/6 fish oils fatty acids balance. EPA 1-2kmg.

What can we all do?

Self Talk Affirmations

Look Good dress up

Exercise with animals or people 30min 3 times week.

Mind images PET scan change the brain Relax

Duration judgement is extended with stress.. time slows
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
Vitamin D from 20 mins. of sun per morning

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

Meditation A full body relaxation process

Posture smiling 3 mins. daily and broad posing fake it to make it. Power pose 3 min. daily.

Anti-rumination read, sing, chant, change scenery to nature, go outside

Bright clothes, avoid dark and clutter clean up around you
Change pictures around you

A trial of **St. John s'wort**, dosage and formulation varying with the individual, and not to be taken in conjunction with prescription antidepressants.

**BE PRODUCTIVE BREAK THE OLD PATTERNS IN THE
DOWN CYCLE**

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