

give a hoot

*why Christians should care
about depression sufferers*



because The Father cares...

Luke 12: 4-9 The Message (MSG)

"I'm speaking to you as dear friends. **Don't be bluffed into silence or insincerity by the threats of religious bullies.** True, they can kill you, but then what can they do? There's nothing they can do to your soul, your core being. Save your fear for God, who holds your entire life—body and soul—in his hands."

"What's the price of two or three pet canaries? Some loose change, right? But God never overlooks a single one."

"And he pays even greater attention to you, down to the last detail—even numbering the hairs on your head! So don't be intimidated by all this bully talk. You're worth more than a million canaries."



WHAT IS DEPRESSION

- Depression is a dis-ease of the mind much the same way that glaucoma is a dis-ease of the eye and endometriosis is a dis-ease of the womb
- Depression afflicts millions of people and is one of the human race's most common and distressing afflictions.
- 1 in 25 adults and
- 1 in 5 children ages 5 to 17 in the US had some kind mental health crises in 2018
- Only 50% of these get help
- **Christians are not immune**

COMMON SYMPTOMS

- Those suffering from depression can experience intense feelings of sadness, anger, hopelessness, fatigue, faintness of heart, endless days, sleepless nights, tears, obsessive fear, numbness, sick at heart, suicidal thoughts, withdrawal from peers and family, addictions, negative thoughts, irrational behaviours, hallucinations, and mood swings among others...



WHAT CAUSES DEPRESSION

- Proverbs 12:25 mentions depression directly, **“Anxiety in the heart of man causes depression but a good word makes it glad.”**
- Depression is often triggered by life circumstances, including trauma from a loss: the death of a loved one or change in circumstances or life status, etc.
- There are numerous biblical references to depression.
- Scripture describes the struggles of numerous people who suffered depression even though they were faithful servants of God.








FAITH HEROES STRUGGLED WITH DEPRESSION TOO...

- **These men did not suffer primarily because they were sinners. They suffered because they were human** susceptible to stress, trauma, and life's struggles.
- King David - Ps 38:6,8; 69:1-3
- Moses - Numbers 11:15
- Jonah - Jonah 4:3
- Job - Job 2:1,11,20-22,26
- Jeremiah - Lamentation 3:14-20
- Elijah - I Kings 19:4-14



TYPES OF DEPRESSION

Common Types of Depressive Disorders

Major Depressive Disorder	Persistent Depressive Disorder	Bipolar Depression	Postpartum Depression
			
Symptoms present for longer than two weeks	Depression present for most days during a two-year period	The depressive episodes that often accompany the manias of bipolar disorder	Can occur soon after delivering a baby
Premenstrual Dysphoric Disorder	Seasonal Affective Disorder	Atypical Depression	
			
Significant mood symptoms that occur during the menstrual phase	Depressive episodes that reoccur in the winter months	Depressive episodes with reactive moods, increased appetite and sleep	

by Verywellmind.com Sept 2019

WHY WE HIDE DEPRESSION

It is often easier to hide depression than to deal with it, so it's common for people to hide their suffering because of:

- Fear of others' opinions, what others think and not wanting others to know what is happening to them due to embarrassment and shame
- Fear of losing loved ones (spouses, kids) and losing jobs or careers
- The negative stigma that is still attached to depression, and they don't want it attached to them.



HOW TO SPOT DEPRESSION

Here are some signs to watch for in those who are suffering from depression...

- They may overcompensate. To hide their depression, they overcompensate by being more outgoing, more comical, and more accommodating than usual.
- Changes in appetite are common. They may eat too much or too little. Their diets may be out of control as they try to hide their depression.
- They have angry outbursts. These outbursts can become more frequent as the depression gets worse.
- They sleep too much or too little. They may complain about not getting enough sleep, yet they refuse to (or cannot) go to bed. Insomnia is often linked to depression
- They turn to addiction. Addiction and depression are often linked together - in many forms and includes food, drugs, alcohol, gambling or other behaviors. Risky behavior is often a cry for help.
- They hide their feelings by keeping insanely busy schedules. Work, family, and volunteer activities can fill up the day and stop them from addressing their depression. This keeps them busy and stops them from thinking. It also keeps others from questioning them and prevents them from having to deal with their emotions
- They have trouble thinking clearly. People who suffer from depression can often make bad decisions or refuse to reach any decision and have trouble with their thoughts. They may also show difficulty in focusing on easy things.
- They talk about death, dying, suicide or voice a desire to "not live"



HOW TO SUPPORT SOMEONE WITH DEPRESSION ...

- Don't blame or stigmatize your loved one. Depression is a chronic illness with difficult and complex symptoms.
- Advocate for and support your loved one throughout their treatment process. E.g offer to go along to wellness appts.
- Let them know you are concerned

Suggestions on how you can start this conversation include:

"I'm worried about you because you seem..." (e.g., really down or sad a lot of the time, to be spending most of your day in bed and are missing all of your classes, etc.)

"It concerned me when you said..." and be specific about what you heard

"Do you want to talk about it?";

"What can I do to help?"

- Tell them what you have noticed and why it worries you
- Listen (really, listen) if they are willing to share their worries with you
- Try to avoid judgment or jumping to conclusions
- Don't feel like you have to have all the answers
- Be comfortable with silence
- Be there for them - sometimes just knowing that someone cares and is there for them is all someone needs to get through a difficult time
- Let them know that it is possible to feel better and they are not alone
- Offer to help (for example, make their bed, straighten up their desk, help with laundry or other chores, etc.)
- Be OK with the fact that he/she may not be ready to follow your advice and seek help.
- Continue to revisit the issue over time so they know you can support them whenever they are ready
- Take a walk in nature with him/her and watch birds or chase butterflies
- Help him/her gain access to a furry cat or dog friend
- Join him/her to take a self-defense or exercise class
- Draw or paint, or take a pottery class together
- Get him/her an adult coloring book
- Pray for him/her in their presence and alone in your prayer time - ask God to guide and lead them and also to heal them. He does a really good job of it.



IF YOU SPOT DEPRESSION, THEN STOP FOR THE ONE ...

Depression is very common. It is probably the most common human problem. We may all experience it at some time in our lives.

We rub shoulders every day with people who are desperate, hurting, and lonely. We may not even be aware of the dark road they travel. Sometimes we notice, but often we don't. Maybe we're too busy, preoccupied, or overwhelmed ourselves. To be honest, many days, we might be those people, the desperate, the hurting, the lonely. Just needing someone to notice. To slow down. To take time. To care.

Use these tips to help you spot hidden depression in your loved ones, your neighbors, and your community and then lend your support.

You can help prevent conditions worsening; help them get the help they need and feel better and create wellness in society at large!

EdenU is committed to raising up 500 Wellness Ambassadors in 2020 to help bring awareness and wipe out the diseases of depression, anxiety and other mental illnesses.

Additional resources as well as individual and group interventions are available to you and your families and loved ones; as well as organizations and institutions.



ADDITIONAL RESOURCES AND NEXT STEPS ...

You can take extra steps to help those around you including:

Become a Wellness Ambassador

Wellness Ambassadors come alongside schools and organizations to provide awareness and support for those who are suffering from mental illnesses. Ambassadors may also participate in "strikes" where we blitz a city or school with prayers to stand against the spirit of suicide and hopelessness.

<https://edenu.tv>

Join a "Lioness vs. Depression" Masterclass

<https://edenu.tv>

You will learn how to:

- Empower women to use skills they already have to fight depression
- Guide women in using the tools and techniques they learned in kindergarten to deal blow after blow to depression and its allies
- Coach women thru 12 rounds (the number of rounds in a woman's boxing match) of active engagement in devising and executing their own victory plan over depression, instead of becoming helpless onlookers
- Provide 12 simple activation exercises at the end of each round that will build confidence and self-esteem to go thru each stage of the fight against depression
- Uncover the dangers of anti-depressants and provide alternatives to using drugs
- De-mystify the use of mindfulness as a technique to fighting depression and provide a working alternative to mindfulness
- Provide a community of support during the fight
- Celebrate the wins!!

<https://edenu.tv>

We look forward to having you join us in the fight against mental illnesses. We are stronger together!

This free and shareable resource has been crafted with care at [Edenu.org](https://edenu.org)



