

survive & thrive

moving forward from interpersonal trauma

Week 07

Understanding depression and
ways of coping with depression

Welcome back

- Any questions from last week?
- Any feedback on the exercises?
- Any thoughts—what went well and what was hard?



What we will cover today

- What is depression?
- Signs of depression
- Why are people who have experienced abuse vulnerable to depression?
- Managing depression
 - Doing more
 - Support
 - Thinking

Getting into the 'green zone'



Signs of depression

- Sad
- Tearful
- Lack of energy
- Tired
- Always looking on the 'black side'
- Changes in appetite
- Lack of interest
- Lack of get up and go
- Not feeling anything

Survivors and depression

- Some research has found that those with a history of childhood sexual abuse are 8 x more likely to develop depression than those without such a history
- Domestic abuse also increases the risk of depression
- There are good reasons for that...

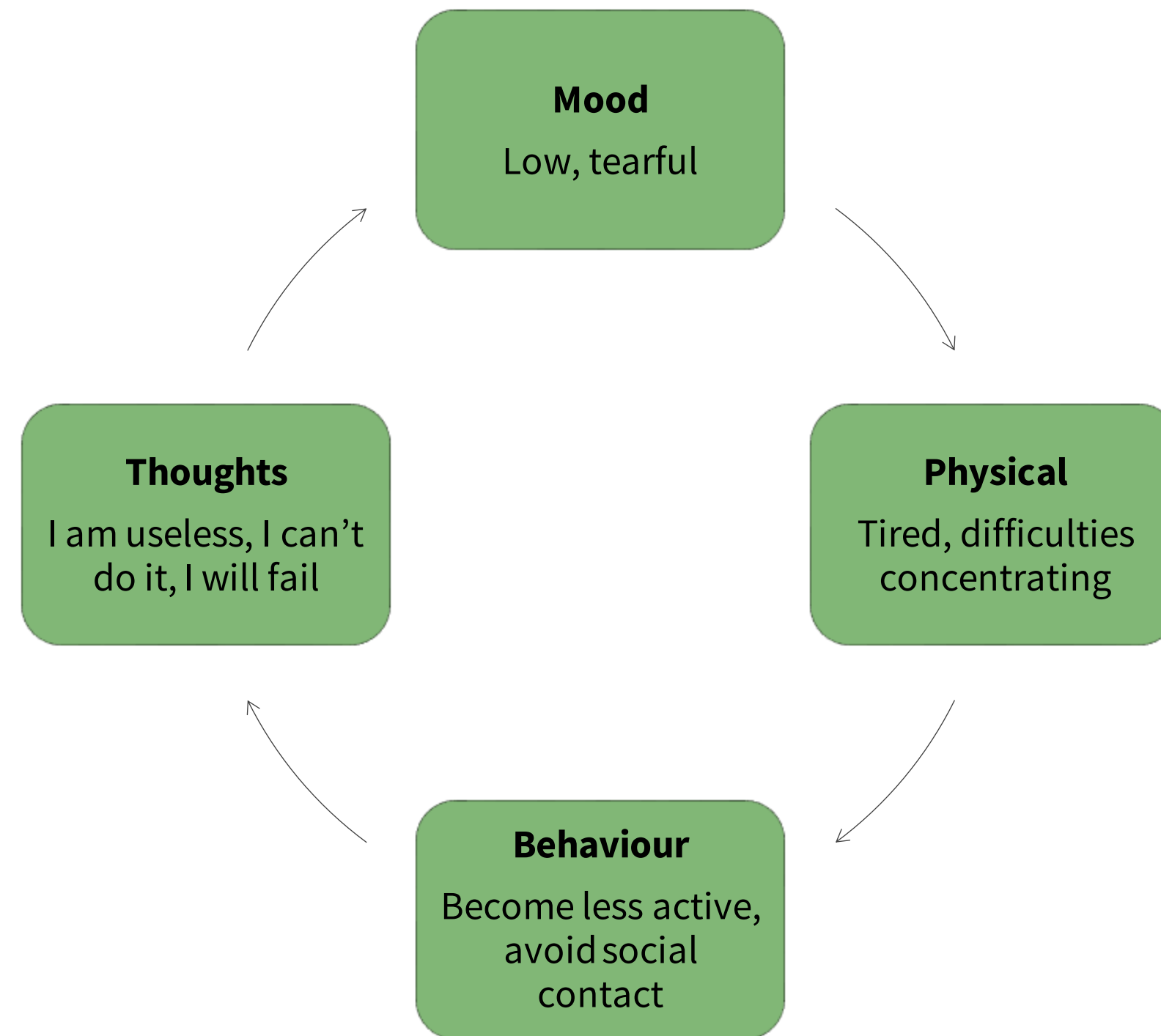
Why are survivors at increased risk of depression

- Learned not to value yourself.
- Not had a chance to develop good self esteem
- Have developed a critical inner voice/thoughts—often the same as you heard as a child/from your abuser
- Don't trust people
- Expect the worst
- Feeling of shame
- Why me?

Managing depression

- This is **not** easy.
- You cannot just **pull yourself together**.
- You may need specialist help to overcome depression.
- Medication may be useful...
- But people can and do recover from depression

Vicious cycle of depression



Why do we become less active?

- When we feel depressed we don't feel like doing things
- What's the point?
- I've got no energy
- I'll be a miserable failure anyway.
- It is not worth it

The victorious cycle...doing a bit more

- Activity makes you feel less tired.
- Doing more distracts you from your worries and thoughts.
- Achieving more boosts your confidence.
- Being more active helps you think more clearly.
- Doing more brings you into contact with more people.

The achievement/pleasure trick

Achievements

Phone someone you need to phone (e.g. GP)

Sort out your wardrobe—recycle

Go to the library and chose a book

Go for a swim/gym

Pleasure

Phone someone you want to phone (supportive friend)

Buy yourself a treat (within budget!)

Read a book

Walk in the park

You need a support network

- Do you have a support?
 - Are you using the support you have?
- Not enough support?
 - New in the area?
 - Isolated by your relationship?
 - Too self conscious?
 - Too withdrawn and avoiding people?

Getting a support network

Beginners

- Use Facebook or another social network to make contact with people. Just be a bit careful about what you put online—remember it is there for ever.
- Write birthday/greetings cards/postcards to people you have lost touch with including your phone number or email.

Getting a support network

Advanced

- Join a community or voluntary group
- Join a committee
- Do an exercise class
- Find a local support group
- Do an evening class
- Say yes to an invite (as long as it is safe)

Thinking and depression



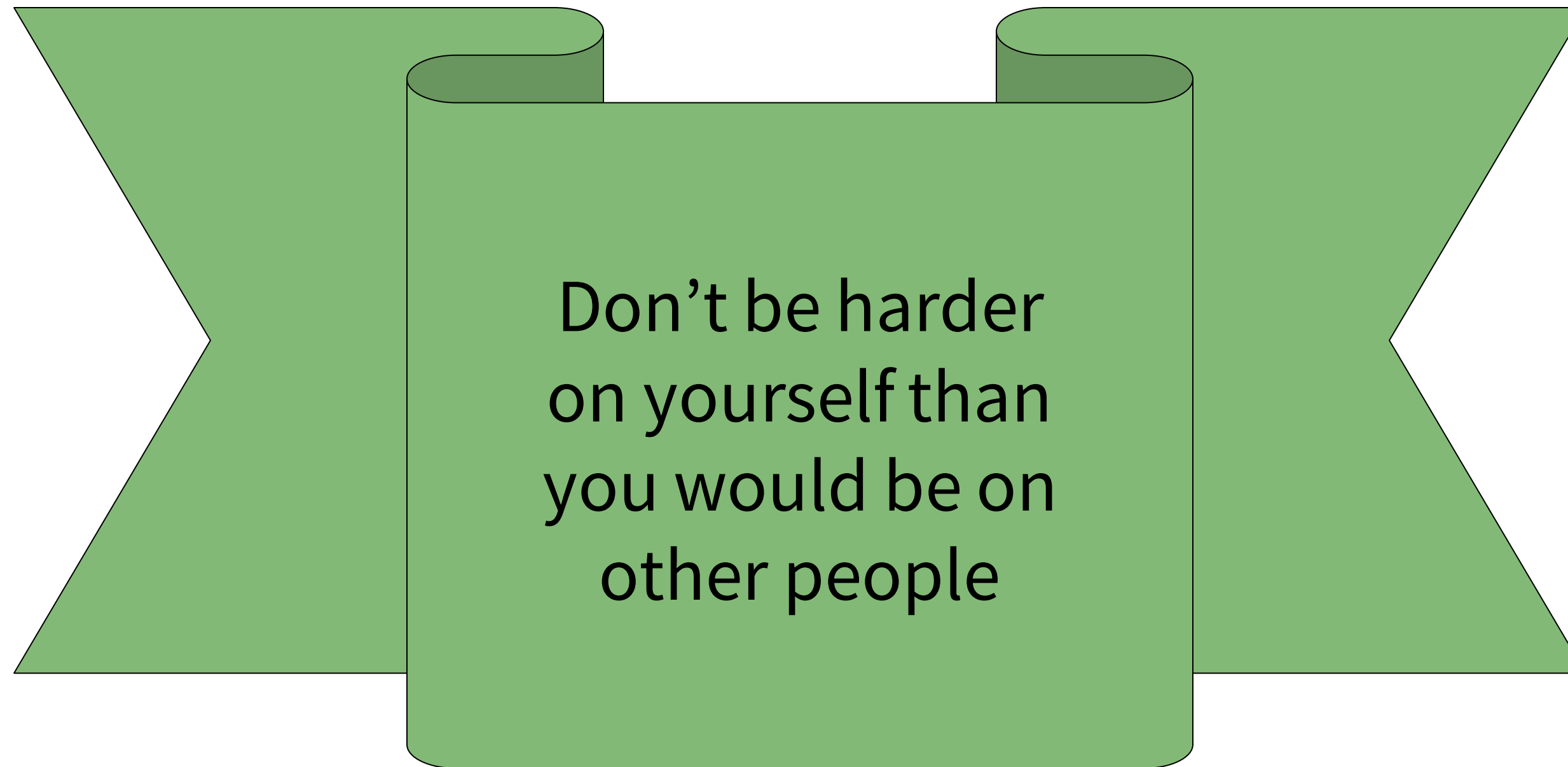
Where could this come from?



Children are children



Important rule



Managing your thinking

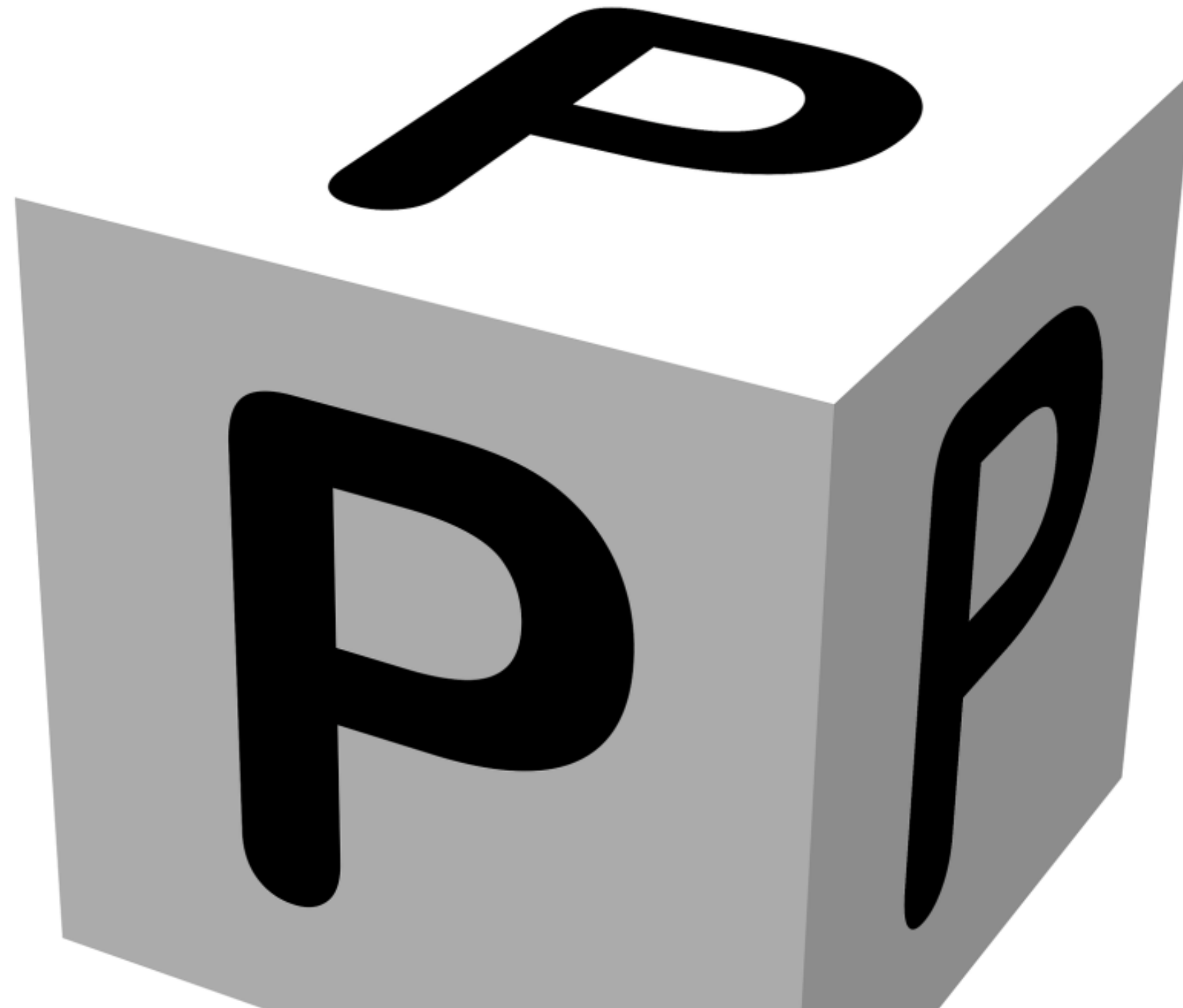
- Be aware of your ‘inner critic’, be compassionate and non-judgemental.
- See yourself as supporters see you
- Treat yourself kindly and compassionately
- Keep a diary of your journey
- Write helpful messages for yourself
- Read your helpful messages
- Remember—it's not always what you think

A minute to plan



The 3 Ps

- Preparation
- Practice
- Patience



Step by step



Safe coping practice



A final thought

“Life reflects your own thoughts
back to you.”

Napoleon Hill