



## Strength

It's a long, difficult journey to undertake and make it through. But know that you CAN make it.

I am still living with my illness, it still is a tricky journey but I'll just keep on moving forward. Hope you'll do the same.

Here's a quote I found within the Laws of Attraction calendar: *(Christian D. Larson 1874-1954)*

"Resolve to remain as strong, as determined and as highly enthused during the darkest night of adversity as you are during the sunniest day of prosperity. Do not feel disappointed when things seem disappointing. Keep the eye single upon the same brilliant future regardless of circumstances, conditions or events. Do not lose heart when things go wrong. Continue undisturbed in your original resolve to make all things go right....."

The man who never weakens when things are against him will grow stronger and stronger until all things will Delight for him be. He may finally have all the strength he may desire or need.

Be always strong and you will always be stronger".

*Beck*

Beck can be contacted by submitting an enquiry on the FOCUS website : [www.focushealth.com.au](http://www.focushealth.com.au)

## Are You Feeling ....

- Hopeless
- Isolated
- Lost interest in life
- Living with low self-esteem

My story might help you.

## FOCUS

Level 1 / 10 Aerodrome Road  
MAROOCHYDORE 4558

Ph: 07 5443 2100

Fax: 07 5443 7107

Web: [www.focushealth.com.au](http://www.focushealth.com.au)



# Depression



*Beck*

## My Story

Out of the Black Hole, into Life  
Living with Depression

## How I Helped Myself

"I felt I had lost everything and had nothing that made me 'me'".

The difference between Depression and being unhappy is that when you are unhappy you can seek comfort and get cheered up by a friend eg. play pool, go for a swim, have a coffee, talk about the issue, but with Depression you are neither *able* to seek comfort nor *be* comforted.

If you feel you have Depression, here are a few symptoms you may be experiencing:

- ~ feeling down a lot of the time and unsure of the reason
- ~ feeling hopeless, lost
- ~ wanting to sleep more, or difficulty in sleeping
- ~ avoiding social situations
- ~ lost interest in things you normally loved doing
- ~ not as communicative/ insular
- ~ have low self esteem or are over critical of self
- ~ daily routine becomes unbearable to execute
- ~ loss of appetite or overeating
- ~ obsessive behaviour (I became the cleaner from hell!)



### What I Did

When I was first diagnosed with Depression a decade ago, I felt my life was over. I didn't know what was happening to me, why it was happening or how to get through this thing. The first 2 years were most difficult as I had no medical help and no understanding of this illness. So I muddled through, thinking that I was just having 'one of those days' constantly until the time came and I couldn't cope anymore. I left my fabulous lifestyle in Sydney and moved to Xanadu, a farm from where I re-started my life from the bottom up.

- ~ I called *Lifeline* and told them my situation. They took it from there. In hindsight it was that easy. It was also the last phone call I made for a long time.
- ~ May I suggest that seeing your doctor as soon as possible will be one of the best moves you can make at an early stage. The Doctor will direct you from there to receive counselling, medication and on going treatment. However, should you feel uncomfortable with the doctor's treatment, do seek a second opinion.
- ~ May I also suggest reading everything you can find on the illness, familiarise yourself with it and realise you are not alone. There *is* help out there.
- ~ I kept busy by gardening, cleaning and looking after my dog.



### Eat Healthily

- ~ you don't need to become a Vegan or even a Vegetarian, just eat a variety of fruits - bananas are very good for you and will make you feel more lucid and give you energy and eat raw or steamed vegies and fish.
- ~ treat yourself with chocolate, or whatever your taste buds prefer, as a reward for being strong, a job well done or because you made it through another day - you deserve it.



### Medication

When I was first diagnosed, a certain anti-depressant was the "in" thing and it had amazing effects on me - for a while. I got out of my slump and moved to Sydney. After nearly 10 years there, I crashed. I lost hope, self-esteem, courage, the ability to be happy or to feel anything but utter despair.

After many years of ongoing therapy and the daily taking of my "little friends, the pills" I do urge everyone suffering from Depression to be vigilant in taking their prescribed

medication. Do not stop taking it abruptly as the body takes a while to absorb the medication and breaking the cycle means starting all over again. Even if you think you are "fine". Take the "little friends"; they are there to help you. I still take an anti-depressant medication and I am managing life's adversities much better. I found it difficult at first to comprehend that I may need to take the meds for the rest of my life. It made me very sad. However, once I came to terms with that notion, I realised I had a chance at survival.

Acceptance is the key.



### Communication

It's okay to let people know of such matters as it will foster communication and possible solutions and helpful hints. Do not be embarrassed. Many people are afraid and consequently don't know how to react to a person who is clinically depressed. Only via communication and compassion will others be able to help us.

I always tell people I suffer from Depression. That way I don't need to lie or offer excuses. I say "This is what I am going through and if you are my friend/loved one you will support me in all ways necessary. And if you don't know me, just don't judge me, please".

Also, encourage positive communication with your Self

**Slowly begin to act, think and speak *Positivity*.**

Remember: Baby steps forward. Do something everyday (or as often as you can) to make yourself or someone else feel good.

Eventually, as you begin to feel better in yourself, get a hobby or explore an interest you have always wanted to, maybe even an outdoor activity like walking the dog (if you don't have a dog, ask to walk the neighbour's, they'll love you for it and it's wonderful exercise for heart and body).