

Depression...



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What is depression

Depression is a "whole-body" illness involving your body, mood, and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. When we are anxious, we feel wound up, nervous, worried, and tense. We may go over a problem in our minds until we come up with a solution.

Feelings can range from being a bit uneasy to a continuing sense of dread or feeling panicky and frightened.

What Does Depression Look Like in Adults?

- Common symptoms of major depressive disorder (the most common type of depression) in adults include the following, when sustained for two weeks or more:

- Loss of interest in activities
- Change in appetite
- Difficulty sleeping or sleeping more than usual
- Fatigue or lack of energy
- Agitation or irritability with co-workers and family
- Feelings of worthlessness, hopelessness, guilt, or inadequacy
- Difficulty concentrating or making decisions at work
- Recurrent thoughts of death or suicide
- Unexplained aches and pains

Causes of depression

- Chemical imbalances in the brain
- Run with families.
- Low self-esteem
- Environmental factors
- Individual factors

How to Help Yourself If You Are Depressed

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do as much as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
- Participate in activities that may make you feel better.
- Mild exercise, going to a movie, a ballgame, or participating in religious, social, or other activities may help.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.

Postpone important decisions until depression subsides, discuss transitions objectively, and let family and friends assist. Gradually feel better with positive

thinking, and let treatment respond to depression.

Creative Techniques as a Treatment for Depression

Research indicates that creative arts therapy is a beneficial method for treating depression, addressing the symptoms of depression through a whole-body experience. This approach, unlike talk therapy and medications, allows individuals to explore depression through their senses, releasing and integrating the symptoms. Despite its less conventional nature, creative arts therapy can be just as effective as talk therapy, as it utilizes the whole-body experience rather than just the intellect.

When Words do not Speak

In creative arts therapy, words are not always necessary. A mere lump of clay or a blank canvas can be far less threatening than giving voice to painful feelings, words, or images. The simple act of scribbling on paper can likely bring light to darkness, ignite conversation, or be a release for a depressing thought. There may still be communication or revelation, even though the human ear cannot hear it. Art therapy supports our process when words are not enough.

The Capacity to Feel Again

Creating art is at the heart of expression and emotion, supporting your capacity to feel again. Once you have created and externalised a part of yourself as something concrete and tangible, it is easier to acknowledge that such an emotion existed in the first place. By creating, you give yourself permission and a voice for those who find it difficult to speak.

Put together a journal.

Journals don't have to just be based on words. You can make an art journal as well, which lets you visually express your emotions.

Attach a drawing or message to a balloon.

Send away negative emotions or spread positive ones by attaching a note or drawing to a balloon and setting it free.

Document a spiritual experience.

Have you ever had a spiritual experience in your life? Draw or paint what it felt like.

Draw all the positive things in your life

Everyone has at least one good thing in life, so sit down and figure out what makes you happy, then draw it.

Document your gratitude visually

- What things are you grateful for in your life?
- Paint or collage a work that represents these things.
- Self-Care

Prioritise self-care for better sleep.

- Incorporate sleep into your self-care routine.
- Nurture your gut health.
- Daily exercise is self-care.
- Choose the right foods.
- Embrace self-care by saying yes to yourself and no to others.

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