



Depression – What it is and how to lift it

Why people get depressed

People sink into a depressed mood when their innate physical or emotional needs are not being met and, instead of dealing with this situation, they begin to worry about it — misusing their imagination. All depressed people worry. This increases the amount of dreaming they do, upsetting the balance between slow-wave, recuperative sleep and dream sleep. Consequently they start to develop an imbalance between energy burning dream sleep and refreshing slow-wave sleep. Soon they start to wake up feeling tired and unmotivated. They worry even more as they feel that "something is wrong with me".

All strong emotions focus and lock attention and, with depression, attention stays focused on all the bad things that seem to be happening, whether real or illusory. All these worries have to be worked through in extended and intense periods of dream activity in REM sleep as the brain attempts to rebalance your arousal levels. This upsets the relationship between slow wave sleep and REM sleep.

Depression: some distortions of fact

The topic is surrounded by false ideas: Depression, as experienced by the vast majority of sufferers, is not a biological illness; neither is it 'anger turned inward'; nor is a 'chemical imbalance in the brain' and it is not usefully divided into 'clinical depression', 'post-natal depression' and ordinary 'depression'; and is not, in most cases, hard to come out of.

Note: Depressed or anxious people should not have forms of counselling or psychotherapy that concentrates on the past and encourages introspection or emotional arousal. Research shows this is often unintentionally harmful.

Human Givens therapists are trained to relieve depression symptoms

- 1) Reducing emotional arousal – to improve sleeping and dreaming. You will notice the beneficial effects of this surprisingly quickly.
- 2) Agreeing and rehearsing small practical steps to get your essential emotional needs met. You will find that confidence in your resources and capacity for happiness will return.
- 3) Carefully examining how you respond to situations. You will gain greater flexibility to handle whatever life events bring for you in the future.

Tips for relieving Depression

Set Goals - Small and achievable . . . concrete . . . positive . . . to meet unmet needs and appropriate.

(Meeting a friend, returning to old hobbies, exercise, having fun with someone, initiating something, helping, learning)

And scale how you feel

Doing it through the day with a notebook, not expecting too much, noticing what helps, setting a baseline and not worrying about slippage (it is temporary).

Remember to laugh, take exercise, eat better

Read *How to Lift Depression.....Fast* by Joe Griffin and Ivan Tyrell