



Caregiver Help.com

***Module 4 : Session 1 : Printed Instructions
“Understanding Depression” PDF***

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Watch Intro Video

Understanding Depression Module 4, Session 1

2

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“Understanding Depression”

4

Watch Video

“Depression: Action and Reaction”

Complete Workbook Page 14-15

5

Read Action Step

6

Finish Button

Dealing with Depression

Applying the three steps of Creative Indifference to your experience with depression, complete the following statements:

I am **AWARE** that my feelings of sadness, despondency, and hopelessness may be:

- Reactionary Depression: A response to a particular event or situation
- Clinical Depression: A chemical imbalance that requires medical attention

I **ACCEPT** that depression is a condition frequently experienced by caregivers and the affects can be debilitating. My experience with depression may have started with:

- A response to bad news _____

- A loss or rejection _____

- A broken relationship _____

- Stuffing my feelings of anger and guilt _____

- Other _____

It's possible that depression is contributing to the following physical symptoms;

- Lack of energy _____
- Headaches _____
- Backaches _____
- Digestive problems _____
- Difficulty sleeping _____
- Change in weight _____
- Other physical or emotional symptoms _____

I Accept I may be **Clinically Depressed if:**

- When I look into the future, I can't imagine anything positive happening in my life
- I feel that life just isn't worth living
- I sometimes have suicidal thoughts
- I have felt this way for more than two weeks

*** If you checked any of these statements, please take Action by contacting your doctor immediately**

If I am experiencing **Reactionary Depression, I will take Action by implementing one or more of the following strategies:**

- I will get out in nature _____

- I will set aside quiet time for meditation or prayer _____

- I will engage in some kind of exercise or physical activity _____

- I will start a project _____

- I will listen to uplifting music _____

- I will visit a friend _____

- I will attend a caregiver support group _____

- I will volunteer to help someone else _____
