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

1 Watch Intro Video
Understanding Depression Module 4, Session 1

2 Download and Print this PDF

3 Watch Video
“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 ______________________________________

_____________________________________________________________________
_____________________________________________________________________

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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 _____________________________________