



# 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**

### ***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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# **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 \_\_\_\_\_  
\_\_\_\_\_

