

## Contents

Chapter. 1 Depression Generally	9
Chapter 2.Types of Depression	17
Chapter 3. Causes of Depression	25
Chapter 4. Symptoms of Depression	31
Chapter 5. Coping with Depression	37
Chapter 6. Mind Techniques for Depression Relief	45
Chapter 7. Mindfulness and Depression	59
Chapter 8. Getting Help for Severe Depression	65
Chapter 9. Alternative & Complementary Therapies	79
Chapter 10. Life Beyond Depression	83
Chapter 11. Stress	89
Chapter 12. Coping with Stress	97
Chapter 13. How Stress Affects the Body	109
Chapter 14 .Stress and The Mind	116
Chapter 15. Relaxation Techniques in Stress Relief	122
Chapter 16. Mindfulness in Stress Relief	125

Chapter 17. Getting Help For Severe Stress 129

Chapter 18. The Stress Management Plan 131

Useful addresses

Resources

Index

\*\*\*\*\*

## Introduction

Depression is a traumatic and cruel illness to suffer from, it can affect anyone regardless of their age, gender, race or status. The list of famous and successful men and women who have suffered from depression is drawn out.

Depression is a common illness which affects 150 million people worldwide. The majority of people when depressed describe their feelings as despondent, almost like being under a constant dark cloud encompassed by a lot of sadness, irritability, frustration, negativity and hopelessness among other symptoms, causing immense distress to the sufferer and their loved ones.

Depression is like any other illness, it has to be dealt with and not ignored, the sooner the better. You should understand that depression has no link to being weak or failing, it is an illness. Severe depression can be serious and life threatening and should be reported and treated immediately. If you are having suicidal thoughts, call your doctor and get help as soon as possible..

The good news is that many people who seek help for depression recover from it and turn their lives around positively. Relatively, stress affects our minds, bodies and relations. Most of us encounter stressful experiences in our lives but the difference is that we cope differently. Some people are better at dealing with their stress whereas other people find it a struggle to navigate through it. When we are under stress we go into 'fight' or 'flight' mode depending on how bad the situation is, this is the body's way of dealing with stress. Stress can be good or bad.

Good stress is that one that fires you on to achieve your goals, reach targets or improve your performance levels, bad stress is the stress that threatens your well-being mentally and physically to the point that you find daily life relatively difficult to go through. These days it is impossible to go through a day without hearing someone say that they are stressed. Living stressful lives has almost become a norm to many. This is why people are seeking ways to slow down, find peace, calm and clarity through all madness surrounding them. And this is where mind techniques come in to the rescue in form of self-therapy. By using mind techniques you will build up defensive walls that will help you to relieve your depression and stress so that you are more better equipped to cope with whatever problems you have.

What you think influences your mood and behaviour. The cause of depression or stress is not the events or circumstances in themselves but rather your interpretation of, and your thoughts about these events. My main reason for writing this book is to give you a better understanding of how depression and stress affect your mind and body and to show you effective ways to deal with symptoms of both conditions. Throughout this book you will learn various mind techniques and coping skills that you can practice as part of your self-help to overcome depression and stress. With this book as your guide, you have more power than anyone else to help yourself turn things around, focus on your mental well-being and getting better. Remember, what lies in your power not to do also lies in your power to do.

\*\*\*\*\*