

## **DEPRESSION**

Symptoms of Major Depression include deep sadness or emptiness, apathy, agitation or restlessness, sleep disturbance, appetite disturbance, feelings of guilt or worthlessness, morbid thoughts, fatigue, hopelessness, nothing matters, life not worth living (seek professional help)

Other symptoms: Unhappiness, feeling like crying, lack of motivation, dread the beginning of a new day and it's responsibilities, anxious, stressed and worried about the future, no energy, upset stomach, headaches and other ailments, not able to function well.

**Factors that can cause or increase risk of depression:**

**TYPES OF ANXIETY DISORDERS:**

Generalized Anxiety Disorder (GAD)  
Panic Disorder  
Post Traumatic Stress Disorder (PTSD)  
Phobias  
Obsessive-Compulsive Disorder (OCD)

The aspects of our being include the physical, the spiritual, the mental and the social.

THE BRAIN has five lobes

"And they shall see His face; and His name shall be in their foreheads." Rev. 22:4. Frontal Lobe

**How do you strengthen the will?**

## **NUTRITION**

Depression is often the result of poor diet, low blood sugar, guilt, repeated failures, stress in the relationships and in the life.

Always eat meals at the same time.

Diet has a profound effect on human metabolism.

Inadequate levels of serotonin are a contributing factor.

Omega fats and the brain.

In addition to serotonin and Omega 3 fats, folic acid, (folic acid is a B vitamin also called folate) vitamin B-12 and homocysteine are also very important to avoiding depression.

An imbalance in the brain electrical activity in the pre-frontal cortex of the frontal lobe leads to depression.

## **HEALTHY FOOD, BETTER MOOD**

**Sugar is not the solution for depression!**

Many people are able to improve the way they feel with dietary changes.

As mentioned, serotonin is an important neurotransmitter in the brain and requires tryptophan.

The importance of Omega fats has been studied and found to be a crucial factor in brain health.

Plant foods containing Omega 3 (Linolenic Acid)

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Food Item	Amount	Omega 3 (mg)
Flaxseed/Linseed oil	1 Tbs.	7520
Walnuts, English (chopped)	1/4 cup	2043
Canola Oil	1 Tbs.	1267
Walnuts, Black (chopped)	1/4 cup	1031
Wheat Germ Oil	1 Tbs.	938
Soybean oil Crisco/Wesson	1 Tbs.	927
Green Soybeans/w salt	1 cup	637
Spinach (canned)	1 cup	353
California Avocado (pureed)	1/2 cup	132
Almonds (dry roasted)	1/4 cup	127
Safflower oil	1 Tbs.	55
Turnips	1 cup	50
Banana (medium size)	1	39
Sweet Potatoes (mashed)	1 cup	36
Apple (medium with peel)	1	25
Roasted Potato (medium)	1	17
Cucumber (slices w/peel)	1/2 cup	16
Whole Wheat Bread	1 slice	14

#### Flax-Nut Sprinkle Recipe (High Omega-3 Content)

1/4 cup	walnuts ground
1/4 cup	flax meal
1 Tsp.	date sugar
1/8 tsp.	salt

Mix all together and serve on toast, over cereal, in yogurt, with peanut butter, etc.

#### Sources of Folate

Food Item	Amount	Folate (mcg)
Chickpeas	1 cup	1114
Black-eyed Cowpeas	1 cup	1057
Lentils	1 cup	831
Red Kidney Beans	1 cup	725
Okra Pods	1 cup	269
Navy Beans	1 cup	255
Spinach	1 cup	109
Mustard Greens	1 cup	105
Spanish Peanuts	1/4 cup	88
Fresh Orange Juice	1 cup	75

#### Sources of B12

Food Item	Amount	B12 (mcg)
Dry Cereal (Total)	3 oz.	6.00
Egg whole	1 large	1.00
Soy Milk	8 oz.	1.00
Skim Milk	8 oz.	1.00
Whole Milk	8 oz.	0.38
Egg White	1 large	0.20
Spinach Organic	1 cup	0.02
Soybeans Organic	1 cup	0.01
Fruits, Vegetables and Nuts		0.00

People are lonely and isolated, more so now than ever partly due to the pandemic. Loneliness and isolation leads to depression. Some of the reasons for loneliness and depression.

Things we can do to help ourselves:

### Life Style Treatment

Bright light therapy  
 Avoid Negative Thinking  
 Regular Sleep  
 Daily Spiritual Exercise  
 Regular Physical Exercise  
 Deep Breathing  
 Classical Music  
 Social Support  
 Counseling  
 Medication

Herbs and Supplements that help depression: Lemon Balm, Oat Straw, Chamomile, Valerian, Feverfew, Borage, St. John's Wort, SAME, Rhodiola, Evening Primrose and 5-HTP.

Burnout occurs frequently with people who are driven.  
 What can driven people do?

Why People go to Church:

Some go to church to take a walk;  
 Some go to church to laugh and talk;  
 Some go there to meet a friend;  
 Some go there for time to spend;  
 Some go there to meet a lover;  
 Some go there a fault to cover;  
 Some go there for speculation;  
 Some go there for observation;  
 Some go there to doze and nod;  
 But the wise go there to worship God." Gospel Herald

Spend a thoughtful moment each day remembering how God has led you in the past.  
 God gave us the book of nature.

Don't worry.

Phil. 4:6 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God"

Be forgiving.

Be Happy - "A merry heart doeth good like a medicine: but a broken spirit dries the bones." Proverbs 17:22

Faith is what gets us over the bumps. Make it a part of your daily prayers to ask God to increase your faith.

Maintain balance in your life. Don't do anything to excess.

Take a break.

Ways to make your week easier

1. Plan a simple agenda at the beginning
2. do household chores and other duties in sections
3. Involve others in the chores and make it a pleasant time with singing or music
4. Don't fret over what doesn't get done

Develop the habit of positive thinking and claim scripture often. "I can do all things through Christ who strengthens me."

If depression is caused by guilt or feelings of unworthiness, follow the Biblical steps to resolve these feelings.

1. If you've been holding onto known sin, confess it to God.
2. Apologize if you have wronged someone.
3. Surrender your will to God daily.
4. Think about your accomplishments and successes in life.

### How To Think Positive Thoughts:

First: Develop the habit of thinking of good things.

Second: Develop the habit of looking at every problem and difficulty as a stepping-stone to victory.

Third: Feel yourself toughening up the muscles of your character as you tackle the unpleasant tasks.

Fourth: Make a habit of smiling at people from the inside.

Fifth: Memorize key Scriptural promises.

Faith, Hope and Love contribute to neuro-chemical balance and health of mind.

Hope is a positive, exhilarating emotional experience and is productive. Hope also shuts down brain pathways that interfere with a positive experience.

### OUR FAITH AND HOPE MUST BE BASED ON A KNOWLEDGE OF GOD'S WORD!

There is power in love! "There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love." 1 John 5:18

"Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things." 1 Cor. 13:4-7

Important principle: Faith, hope, and love are essential to quality psychological healing.

### Things to remember about Depression:

1. It can come and go
2. You need others - family, friends, etc.
3. Your family still loves you, even with depression
4. God loves you, be totally dependent on Him
5. Healing occurs when we walk the walk (make healthy life-style choices and stick to them)

### References:

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