

TREATING DEPRESSION

MIND, BODY, AND SPIRIT

Depression is a global epidemic, a crushing illness that pays no attention to age, nationally, gender, social status, or the color of one's skin.

Many things can cause depression. Poor health and life choices. Loss and grief. A change in life's circumstances. Sin, rebellion, and separation from God. Unforgiveness. Comparison, disappointment, discouragement, and fear. Worry and anxiety. Harmful thoughts, negative words, and a bad attitude.

No matter how depression creeps into our lives, when trying to treat depression, we cannot simply focus on a quick fix. Depression has a root. It doesn't simply show up one day, that depression originated somewhere. In order to find lasting freedom, it is important to get to the root and figure out why you are feeling depressed in the first place.

STEPS TOWARD HEALING:

SEEK GOD FIRST

Consider the causes of depression listed above and then ask yourself and God: "*Why am I feeling this way?*"

- Do you have a family history of depression? *Could be a generational curse*
- Have you experienced a loss in your life? *A loved one, a job, has life suddenly changed*
- Have you been deeply disappointed? Are you discouraged?
- Are you comparing yourself to others? *Spending too much time on social media, comparing your life to the storybook version others what you to see is a trigger for depression*
- Are you in debt?
- Are you deeply worried?
- Is there someone you are angry at or have not forgiven?
- Have you pushed God away?



Once the root is identified you are better able to see what needs to be done to overcome that depression, and to keep it from coming back.

SEE A DOCTOR:

Some forms of depression are clinical due to an imbalance in the brain, and may require the care of doctors and medication to help balance the Serotonin levels. **BUT MEDICATION WILL NOT CURE DEPRESSION.** Depression confuses the mind and distorts our thinking; medication can help bring balance and clarity, so we are able to take the next steps toward healing. If it's been a while since your last check-up, now would be a good time to schedule an appointment with your doctor. If fatigue and weight gain are collaborating up with your depression, talk to you doctor about your Thyroid.

EXAMINE YOUR EATING AND SLEEPING HABITS:

Eating right, sleeping right, and getting the right amount of exercise for your body is essential.

- Caffeine, alcohol, sugar, processed foods, Fizzy drinks that contain Phosphoric Acid, and chips can increase anxiety levels, which can increase levels of depression.
- Not getting enough sleep or sleeping too much can affect our mood.
- You don't have to join a gym or train for a marathon to get exercise. If you are not accustomed to exercising yet, try using low bearing weights (2lbs) and simple stretches, or go for a walk.

WATCH WHAT YOU SAY:

Sometimes we cause depression. Listen to what kinds of words you speak. Are they positive, uplifting words, or negative words that are draining the life right out of you? We can increase our joy or increase levels of depression by the words we speak.

- Stop complaining and start looking for ways to be thankful
- Be kind to yourself. Stop tearing yourself down. Stop focusing on your flaws, and start focusing on the beauty of you. There is no else in the whole world like you. You are beautiful and special, and you are beautiful and special to God.

SPEND TIME WITH GOD:

The most important step toward healing is spending time in the presence of the Almighty. As I speak with people about depression, the number one thing I find is that most are not spending valuable time in the Word of God. They seek God for healing, they cry out for His deliverance in prayer, but their hearts are far from Him.

- Praise is power. Ask Jesus to take that spirit of despair and give us a garment of praise. If you are a believer and you have given your whole heart to Jesus, then it is very likely that the depression you feel is really oppression from the enemy. One of the quickest ways to battle oppression and defeat the enemy is to start praising God for everything in your life.
- Study God's word and allow it to transform your mind and the way you think. Receive His word like seed and allow it to take root in your spirit and soul. Then speak that word aloud over the oppression/depression.
- Seek God's face in worship
- Pray for God's help. Don't just ask Him to overcome the depression, ask Him to show you how to live out the abundant life He has already given you.



The one thing that will set you free is to **ALLOW JESUS TO INVADE YOUR LIFE**. Allow Him to have complete control of your mind (soul), body, and spirit. Give Him everything, every area, and watch what He will do. You cannot fix yourself and overcome depression and oppression in your own strength. Only Jesus can heal you and restore you.