



FINDING HOPE

In discouragement and depression

Finding Hope in the midst of...

Part 1: loneliness and loss

Part 2: **discouragement and depression** – today

Part 3: fear and anxiety

Part 4: defeat and addiction



Depression

Affects 19 million Americans in any given year

The "common cold" of mental illness

The leading cause of disability in the US



Finding Hope In Despair

1. Talk about it

Psalm 6:6-7

I am weary with my sighing; every night I make my bed swim, I dissolve my couch with my tears. My eye has wasted away with grief



Finding Hope In Despair

1. Talk about it

Psalm 69:2-3

I have sunk in deep mire, and there is no foothold; I have come into deep waters, and a flood overflows me. I am weary with my crying; my throat is parched; My eyes fail while I wait for my God.



Finding Hope In Despair

1. Talk about it

Ecclesiastes 2:11,17

Thus I considered all my activities which my hands had done and the labor which I had exerted, and behold all was vanity and striving after wind and there was no profit under the sun...



Finding Hope In Despair

1. Talk about it

Ecclesiastes 2:11,17

...So I hated life, for the work which had been done under the sun was grievous to me; because everything is futility and striving after wind.



Finding Hope In Despair

1. Talk about it

with God

with friends and family



Finding Hope In Despair

1. Talk about it

Ecclesiastes 4:9-10

Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up.



Finding Hope In Despair

1. Talk about it

with God

with friends and family

with experts



Finding Hope In Despair

1. Talk about it

Proverbs 11:14

*Where there is no guidance the people fall,
But in abundance of counselors there is
victory.*



Finding Hope In Despair

2. Identify the cause(s) if possible

Sin

Negative circumstances

Doubt

Medical issues

Prolonged stress

Demonic attack



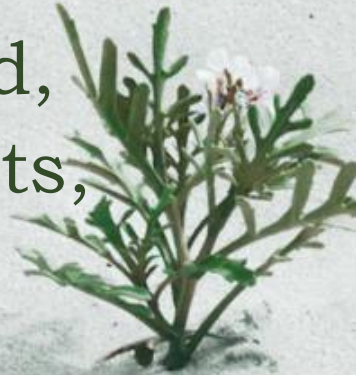
Finding Hope In Despair

3. Treat your spirit

Continue to worship, pray, obey

Ecclesiastes 12:13

The conclusion, when all has been heard,
is: fear God and keep His commandments,
because this applies to every person.



Finding Hope In Despair

3. Treat your spirit

Continue to worship, pray, obey

Fight lies with truth

Find good things to enjoy



Finding Hope In Despair

3. Treat your spirit

Ecclesiastes 5:18

Then I realized that it is good and proper for a man to eat and drink, and to find satisfaction in his toilsome labor under the sun during the few days of life God has given him—for this is his lot.





Finding Hope In Despair

4. Treat your body

Get enough sleep

Eat well

Exercise

Rest

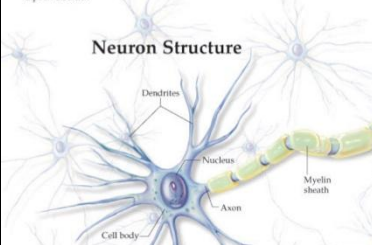
Consider medication



UNDERSTANDING DEPRESSION

What Is Depression?

Clinical depression is a serious medical condition that affects thoughts, mood, feelings, behavior, and physical health. Clinical depression is persistent and can interfere significantly with an individual's ability to function. Depression is one of the most common mental health disorders and is the leading cause of disability in the U.S. and worldwide. In the U.S., it affects about one in five people at some time in life. Twice as many women as men experience depression. There are three main types of depressive disorders: major depressive disorder, dysthymic disorder, and bipolar disorder.

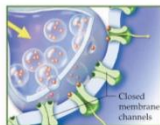
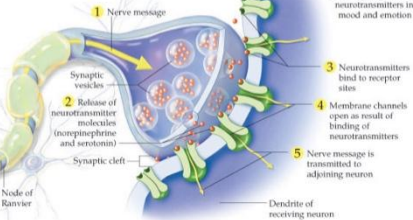


Neuron Structure

The Role of Neurotransmitters

Neurotransmitters are chemical messengers that carry messages between neurons (nerve cells) and affect behavior, mood, and thought. They are released into the synapse (gaps) between neurons to help messages travel from one cell to another.

Two of the neurotransmitters that play a role in depression are **norepinephrine** and **serotonin**. Low levels of these neurotransmitters in areas of the brain that control mood and emotion may result in depression.



In depression, neurons don't produce enough neurotransmitters. As a result, membrane channels don't open, nerve messages are not communicated, and areas of the brain affecting emotion may not receive stimulation.

Areas of the Brain Affected by Depression

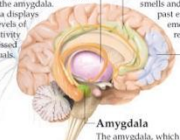
Several areas of the brain are involved in the emotional and physical changes seen in depression. While the brain of a depressed individual is generally underactive, certain areas display overactivity.

Thalamus
The thalamus is associated with changes in emotion and is known to stimulate the amygdala. This area displays increased levels of activity in depressed individuals.

Cingulate gyrus
In depression, there is increased activity in the cingulate gyrus. This area helps associate smells and sights with pleasant memories of past emotions. It also takes part in the emotional reaction to pain and the regulation of aggression.

Prefrontal cortex
Parts of the prefrontal cortex help regulate emotion. People

Amygdala
The amygdala, which is responsible for negative feelings, displays overactivity in depressed people.



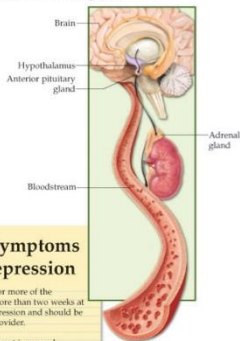
The Limbic System

The limbic system plays a complex and important role in the expression of instincts, drives, and emotions. It mediates the effects of moods on external behavior and influences internal changes in bodily functions associated with depression.



Hypothalamic-Pituitary-Adrenal Axis

Evidence suggests that the hormonal system known as the **hypothalamic-pituitary-adrenal (HPA) axis**, which regulates the body's response to stress, is overactive in many people with depression. The hypothalamus increases production of **corticotropin releasing factor (CRF)** when a person's physical or psychological well-being is threatened. Elevated levels of CRF lead to an increase in hormone secretion by the pituitary and adrenal glands which prepares the body for defensive action. Research indicates that chronic overactivity of the HPA axis, as may occur following a traumatic experience, may contribute to the onset of depression.



Three Main Types of Depression

Major Depression

A diagnosis of major depression is made if a person has five or more symptoms of depression and has impairment in functioning nearly every day during a two-week period.

Dysthymic Disorder (Dysthymia)

A chronic, but less severe form of depression, dysthymia, is diagnosed when a person's depressed mood persists for at least two years and is accompanied by two other symptoms of depression. Signs and symptoms usually aren't disabling, and periods of dysthymia can alternate with short periods of feeling normal. Dysthymia puts a person at increased risk for developing major depression.

Bipolar Disorder (Manic-Depressive Illness)

Bipolar disorder is characterized by distinct and recurrent episodes of elevated mood (mania), often alternating with episodes of depression. Symptoms of mania include overly inflated self-esteem, decreased need for sleep, increased talkativeness, racing thoughts, distractibility, excessive risk taking, extreme irritability, and poor judgment.

Signs and Symptoms of Major Depression

Changes that include five or more of the following symptoms for more than two weeks at any one time, indicate depression and should be reported to a healthcare provider.

- Loss of interest or enjoyment in normal daily activities
- Persistent sad, anxious, or hopeless mood
- Irritability or agitation
- Feelings of guilt, fear, or worthlessness
- Significant weight loss or gain
- Significant changes in appetite
- Impaired thinking or concentration
- Fatigue
- Insomnia or excessive sleeping
- Thoughts of death or suicide
- Unexplained crying spells
- Difficulty making decisions
- Decreased sex drive

Finding Hope In Despair

4. Treat your body

Get enough sleep

Eat well

Exercise

Rest

Consider medication



Finding Hope In Despair

5. Be patient with yourself



Finding Hope In Despair

1. Talk about it
2. Identify the cause(s) if possible
3. Treat your spirit
4. Treat your body
5. Be patient with yourself





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