

9/10 - CONQUERING THE 3D'S

Depression – feelings of severe despondency

Discouragement – a loss of confidence or enthusiasm

Despair – the complete loss or absence of hope.

HOW CAN I KNOW IF IT'S MAJOR DEPRESSION?

If you experience at least **5** of the 9 symptoms for the majority of the time for at least 2 weeks, without recent obvious emotional trauma

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| 1. Deep sadness or emptiness | 6. Lack of concentration |
| 2. Apathy or loss of interest | 7. Fatigue |
| 3. Agitation or slowing down | 8. Feeling of worthlessness |
| 4. Sleep disturbances | 9. Morbid thoughts |
| 5. Weight or appetite changes | |

Situational Depression: Person has suffered a significant loss within the last 18 months and is experiencing depression symptoms

Minor Depression: Person has not recently faced obvious emotional trauma but still experiences at least 2 - 4 symptoms for at least 2 weeks

Severe Depression: Person has not recently faced obvious emotional trauma but still experiences at least 5 of the 9 symptoms for at least 2 weeks.

10 Hit Causes of Depression

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| 1. Frontal lobe | 6. Social/inadequate coping/grief |
| 2. Lifestyle | 7. Addiction |
| 3. Circadian rhythm | 8. Medical condition |
| 4. Nutrition | 9. Developmental |
| 5. Toxins | 10. Genetic |

SOP Quotes

Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so...Many die from disease the cause of which is wholly imaginary. {MH 241.2}

There are thousands who can recover health if they will... they should make up their minds to be well. {MH 246.1}

Hippocrates

"If someone wishes for good health, one must first ask oneself if he is ready to do away with the reasons for his illness. Only then is it possible to help him."



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