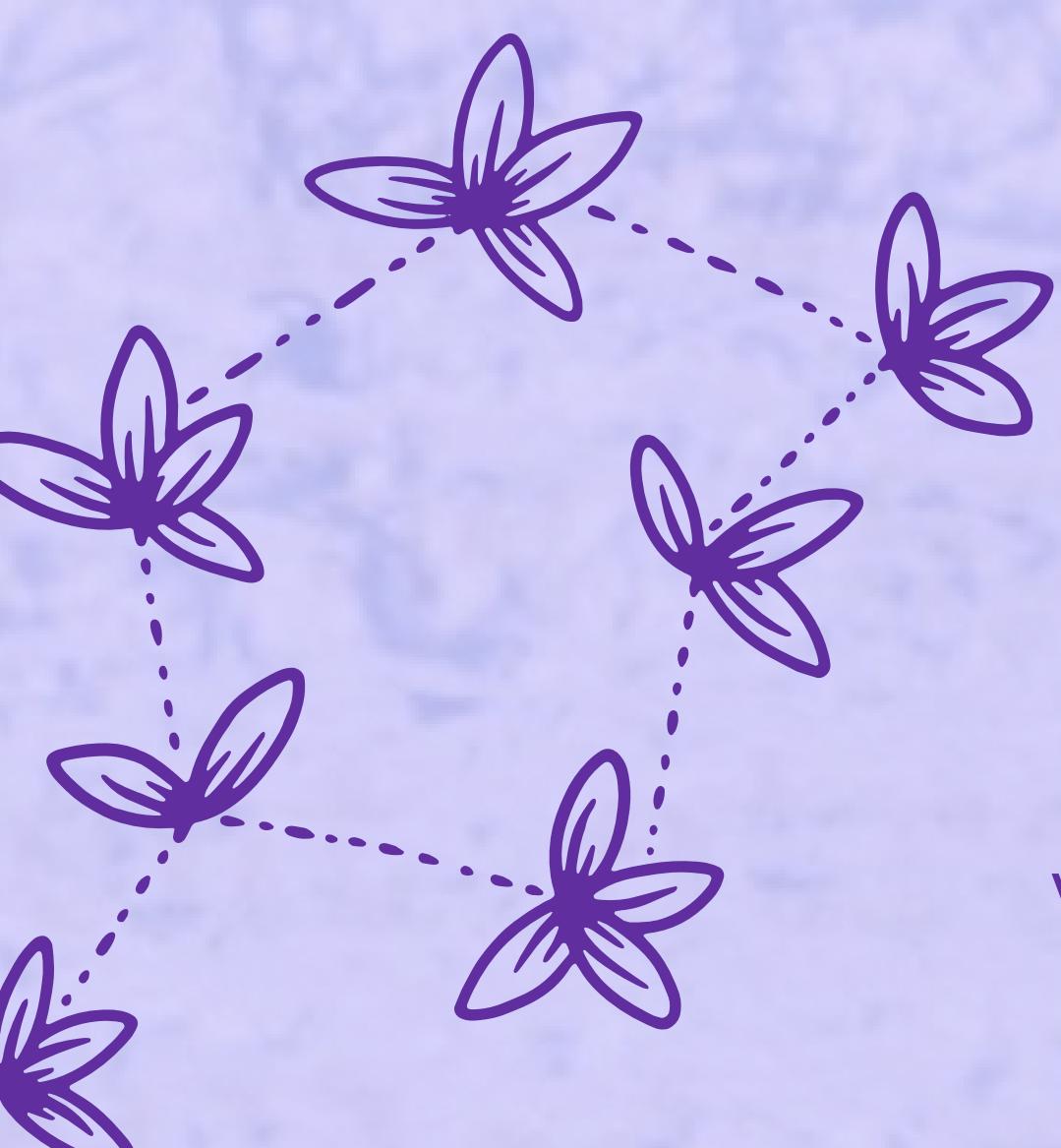


THE ROOTS AND FRUITS OF DEPRESSION



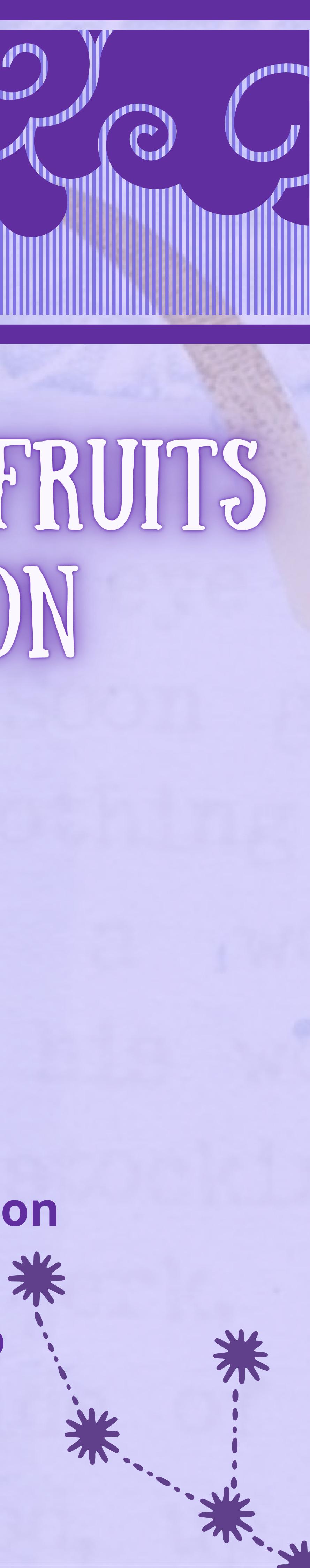
Members:

Guanizo, Irish
Miravalles, Una
Sioson, Frigie
Tizon, Christian
Valde, Sean Carlo

Christian Living Education

Grade 9B

Ms. Liliveth P. Gustilo





Project proposal

Facilitators and Editors

(1) Guanizo, Irish

a. Contributions

- HTML editor, organizer
- Provides miscellaneous information to rationale

b. Background Information

- Irish is Roman Catholic. She was baptized on year 2007 and got her first communion during her 4th grade of elementary. She had also attended Sunday school but stopped because of personal reasons. Both sides of her family are also Roman Catholic

(2) Miravalles, Una

a. Contributions

- Information contributor, source keeper
- Provides information to prayer and solutions

b. Background Information

- Una is Roman Catholic. She once cluelessly joined a choir when she was in Elementary but stopped after entering High School due to busyness and realizing she doesn't really have a good singing voice.
- Both parents are Roman Catholic. Her mother and late grandmother were lectors. Her grandmother and mother expected her to become a lector too, but she refuses to become a lector due to social anxiety.

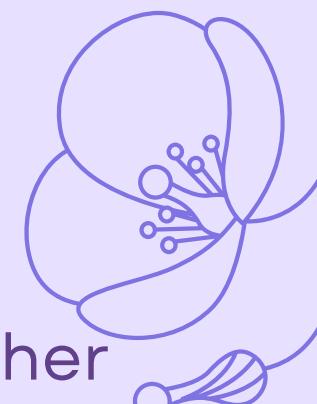
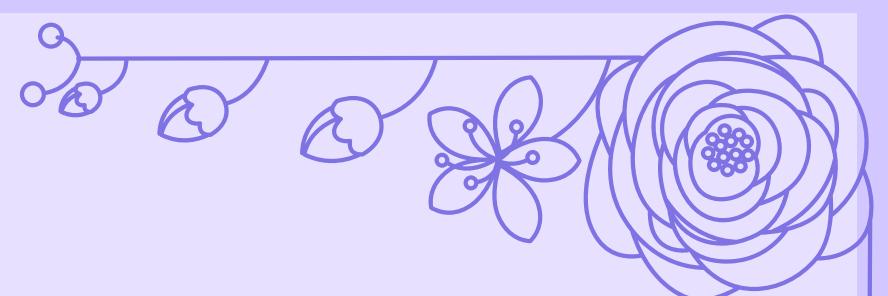
(3) Sioson, Frigie

a. Contributions

- Assistant editor, HTML editor, organizer
- Provides added information to solutions, objectives

b. Background Information

- Frigie is a Roman Catholic. She attends church when there is an extra time. However, due to circumstances in school, she would rarely go to church but rather go to the school chapel.





Project proposal

(4) Tizon, Christan

a. Contributions

- Project proposal facilitator
- Provides information to the background of the study, introduction, objectives, solutions, prayer and acknowledgement.

b. Background Information

- Christan is an Apostolic. He stopped attending church for the last 1 year in order to focus on his academic excellence. However, he decided to continue his journey with God last June 2021.
- Mother is an Apostolic; Father is a Catholic. Last September, he was baptized again and was converted into Apostolic.

(5) Valde, Sean Carlo

a. Contributions

- Information contributor
- Provides information to introduction

b. Background Information

- Sean is a Catholic. He liked to join bible studies when he was young but stopped as he grew older due to lack of time and focusing on studies.
- Parents are both catholic. Mother and Father are separated because of some reasons.



Objectives:

- 
- (1)** To create a harmonized world through carving awareness for depression and provide assistance and encouragement to lost souls heart through the rampant spread of the word of God.
 - (2)** To end the undisturbed issue and lean back on the things that destroys human life, dignity and integrity. Appreciate the love of Jesus and surrender our worries on Him.
 - (3)** To build a deeper trust and relationship with the God almighty through this proposal and exploit individuals who undergo serious issues at the same time.

Introduction



Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home. ([American Psychiatric Association](#))

Depression can be defined as someone who lost encouragement and believed that life is just black and white, no colors, no emotions just a rope pulling you back from the other dimensions. Depression can cause a massive impact, particularly to the individual experiencing it and the ones who surrounds the people affected.

Furthermore, there are three causes of this issue, roots of depression. First, personal conflict wherein depression in someone who has the biological vulnerability to it may result from personal conflicts or disputes with family members or friends. One common example is living inside the expectations of other people and the disappointment we feel when we didn't reach the expectation of other people.

Second are major events. Major events include moments where we are struck by something we don't want to. Examples are failing on an assessment, losing a job, family problems and more. These are the reasons that weaken the hope and dismantle the only reason why you are fighting.

Last cause is social isolation. Problems such as social isolation, due to other mental illness or being cast out of a family or social group can contribute to the risk of developing clinical depression. This is because some are islands due to bullying, arguments and more.

Moreover, if there are roots of depression (cause), there will also be fruits of it. In a growing tree, the fruits are the labors or results of what do their roots do. This applies the same to depression. If there are causes, rest assured, there will also be effects prior to the issue.

First, at society. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Over 700 000 people die due to suicide every year. However, Jesus will always be on our side no matter what will happen for I find comfort in His love and he is my strong tower.

Next, at family. Depression can lead an individual to end his/her life. This will affect the family by making them feel miserable and almost depressed as well. In this way, they will too, feel depressed. But, when we surrender everything to Him, He will make your sufferings into blessings for there is blessing in breaking.

And lastly, community. There are lots of effects of depression to the community- school, churches, barangays and more. One can create trauma and spread chaos and havoc to anyone who will face the reality. And others could discourage and lose their humanity that are lurking inside them.

The church stands against depression since the said issue can also lose faith to God. That is why, our beloved pastors and priests continues to preach His word in order to stop the distractions from our salvation.

You see, depression is indeed a hard thing. However, we do not let this define our limits and the things we can do. And this is one of the reasons why we chose to fight alongside our countrymen and stand against depression.

Rationale

Significance of the project

United. It is stated that one of the main goals of this project is to help create a harmonized world where positivity and encouragement is tolerated. Therefore, the significance of this project is that not only, we make miracles through simple proposals but we spread enlightenment and let other people know that in this battle they've been going through, they are not alone. They have the greatest warrior, the strongest soldier, the best healer and above all, the most loving Father.

Hence, the only need this project aims to address are the helping hands from our fellow brothers and sisters in Christ. Through one click, one share, a billion lost souls will return. For in this battle we face, the only thing we can do is be united... with Jesus.

Beneficiaries

(1) Youth

The youth will one of the crowds who will benefit this project since most depression affects teenagers who hit maturity and when they learn the reality. Thus, through this project, they will cope up and we hope that they could realize positive things that may help them in the situation they are in.

(2) Adults

Adults are also prone to depression; therefore, this project aims to benefit them by encouraging to speak and so, the weight may lessen.

Solutions

(1) Social media is a rampant communication technology who can reach out millions and billions of individuals. Thus we can share posts and tweets from different bloggers or create your own post to spread at least the issue and harm, depression causes.



(2) Join organizations who stands the same in your belief. Become a helping hand towards their goals.

(3) Encourage people to seek help both with a medical expert and of course, with Jesus. We seek help from medical experts to gain more tips in preventing this harmful issue. We seek help from Jesus when it seems that everything doesn't go in our ways, but of course, we must never take His help for granted.



(4) Have at least a friend or a family member to lean on. Someone whom you trust and whom you can build trust. Because sometimes, one solution to a problem is through talking because it will lessen the weight and burden you are carrying.



(5) Notice good things and attend Sabbath day. This is the simplest solution we can do. It is not against our will but rather an action, a responsibility that comes with us. A song once state that Jesus is the answer for the world today. Above Him, there is no other, Jesus is the way.



Prayer

Father Almighty, we come before You in this blessed time, thanking for this another day that you have granted upon us. We are so thankful for all the blessings we received and grateful that we got to know You. We thank you for the gift of life, the gift of friends and family, the gift of love. Thank you for extending our lifetime and being with us every second, every minute, every hour of every day.

Lord, we kneel before You asking for your forgiveness for all the transgressions we committed. We admit, we are just grievous sinners, unworthy of your priceless love. We are sorry for the times we question Your love and the times we don't trust You.

Father God, may You guide the souls which are lost, mend the broken hearts and help us overcome depression. We know Lord Jesus that without You, we can do nothing and we are nothing. May You enter the hearts of people who are depressed and people who are currently in their hardest battles. Open your windows of heaven to them and pour out your blessings upon your people. For in every lifetime, we believe in You. Amen.

Acknowledgement

It has been a tiring yet fruitful experience to stand united. The lessons were compiled and absorbed at the end while undergoing different struggles on using their time, effort, wisdom and God-given knowledge in this proposal.

The members would've not been able to accomplish this project without the individuals and angels sent by God. By this, we would like to express our gratitude and acknowledgement to the following people from the deepest treasure of our heart and mind.

First, we would like to thank the source of our wisdom, our life and our time, Jesus for showering His unconditional knowledge and love upon His children. We thank You for staying beside us every step of the way.

Second, we give honor to our teachers and our CLE subject teacher, Ms. Lily Gustilo for allowing us to fight for our belief and for giving us the chance to carve the word of God to the hearts of the readers.

Next, we express our gratitude to our parents for supporting us in our project proposal and helping us in accomplishing the proposal. We probably won't make it successfully without your guiding hands.

Fourth, we give credits to textbooks, websites, authors for allowing us to use their thoughts and researches to be included in our paper in order to provide sufficient points and information to the reader.

Lastly, we give a high-five to our fellow members for helping each other in making this project paper. We are grateful to have each other's back in times of obstacles and misunderstanding.

SOURCES:

<https://www.webmd.com/depression/guide/causes-depression?fbclid=IwAR0xkY9obv5I-SzGPM765WI3KHwmIwhA1W3ywaiCn3nLU6GAeDstqCQ3jLc> (Links to an external site.)

<https://www.who.int/news-room/fact-sheets/detail/depression> (Links to an external site.)

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