My Reaction Paper

By

Brenda Bradl,

I found the Magazine, “Esperanza,” to have very interesting articles. Those articles have really taught me a lot about living with depression and anxiety

The first article I read was titled, “What’s Too Painful to Remember,” by Michael Rafferty from the spring 2012 edition of Esperanza Magazine.

The article addressed events pertaining to remembering painful memories that we would not want to remember such as a divorce, death, etc. Remembering these failures can lead to another failure. Experiments were done on individuals to try to teach control so you can be kept from bringing up a negative memory. This was done with no drugs or electrodes involved, just mental discipline. Memories have emotion, not a bunch of facts waiting to be recalled. This article even stated that memories can even be linked together as a memory is stimulated in a subject’s brain. Neuroscientists were able to see electrical impulses light up in a person’s brain when the emotions that are linked to these negative memories are brought to mind. Failures can be linked from one memory to the next. Some of us who suffer from depression may possibly step out from bad memories.

This article really got me thinking about painful memories from my past from lots of emotional abuse I experienced as a child. I was always blaming myself thinking it was all my fault and lead to believe this frequently. I was always told I would never make it and would wind up a welfare recipient someday. I always kept believing they were right and never really strived to try harder at things feeling it was pointless. I have gotten stronger over the years and I do feel this article is true. Because I kept on letting those memories continue.

The second article I found very interesting is, “The Laugh Track,” by Lynn Santa Lucia from the fall 2012 edition of Esperanza Magazine.

Tanuza B., 57 of Munster, Indiana was in and out of psychiatric hospitals for over a decade due to severe depression deciding to make laughter a mission in her life. She is currently teaching others now as a certified Laughter Yoga Teacher/Ambassator. Suhayl J. Nasr, MD. Who is Tamaz B’s psychiatrist and medical director of Memorial Hospital’s mental health program now sees laughter as a good coping mechanism for severe depression and stress. Nasr, states that laughter has an interesting was of changing brain chemistry, but talk therapy does help a lot too!

The article also advised that laughter clubs should not be used instead of professional care per Dr. Barbara L. Milrod, MD, A psychiatry professor of Weill Cornell Medical College in New York, New York. She stated that depression is a treatable, serious illness that needs professional treatment also stating that someone who suffers from a mood disorder who tries this and it doesn’t work for them may also add to the depression and anxiety an individual is currently suffering from.

Tanaz’s psychiatrist does give this therapy a lot of credit although she has stopped her medication/coping strategies.

I am disagreeing with part of this article when Dr. Milrod states it could add to depression and anxiety someone already suffers from. In my option, it can help lighten the load I suffer from depression like I do. I feel much better at times if I think of something funny going on at the present or in the past. I’m interested in Laughter Yoga and will be checking into this further.

As a peer specialist I feel it could us this with teenagers and adults.

The third article I read came from Esperanza, spring 2012 Edition called, “Navigating Change,” by Jodi Helmer.

The article discussed major life transitions such as divorce and retirement can trigger depression.

For example, Glen Smith, a pastor in Silver Lake, MI got a knock on his door on Christmas Eve, 2008, informing him his son, Staff Sergent Christopher Glenn Smith was killed while on patrol in Iraq. This pastor, who was once social and jovial, went into a deep depression choosing to spend time alone in his home. He felt like no one understood and began to see another pastor and counselor that he associated with. The article even stated that genetic variations can cause this.

This article also recommended such strategies such as medication, counseling, and coping strategies. Per research, repeating episodes of depression can occur once an initial episode occurs.

I definitely do agrees with this article because change can sometimes be difficult. In the last year, my father had to quit working due to developing diabetes and he appears like he is just very depressed about it. I have tried to get him to get help, but he keeps on denying it along with my mother.

As a certified peer specialist, I feel this could definitely apply to children, teens and adults because change can be difficult.

**Resources**

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