

DEPRESSION

Christian Living Education
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From 9B

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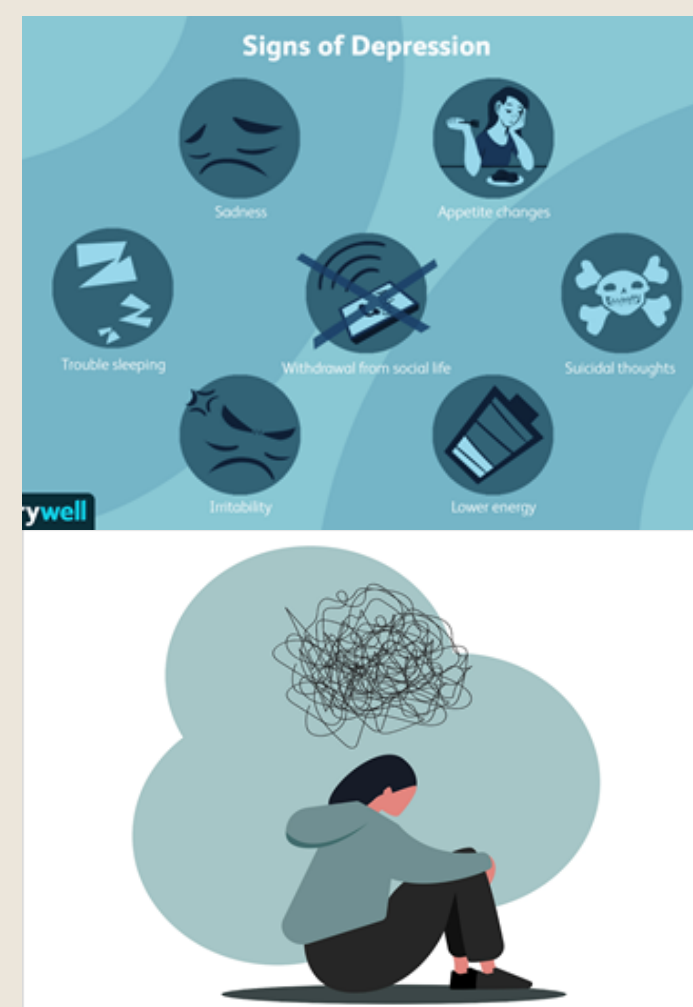
Jewel Cayao

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A blessed day to you! We are students who aim to spread awareness about a very concerning issue, depression. Together with Mark Joshua Kyle Deo, Jewel Cayao, Colene Maxilum, Angela Jimenea, and Kale Sarabia, we will inform you regarding the meaning of depression, the causes, the stand of the church, why it's important to be aware, as well as the solutions and other trivia. Our advocacy contains important, useful, and reliable information which are of benefit to any audience because depression doesn't know any age or gender. They can apply this information to their acquaintances and for themselves as well.

- **What is depression?**

Depression is a mental state of low mood and aversion to activity. All people can have it, be it children or adults. It is a serious mental illness that can interfere with a person's life and can cause long-lasting and severe feelings of sadness, hopelessness, and a loss of interest in activities with physical symptoms of pain, appetite changes, and sleep problems.



- **Why is it important to address this problem?**

It is important that we address this problem especially during this pandemic because studies show that the number of people with depression increased by a lot after the lockdown. It even increased more than three times in the U.S. This might be due to the fact that thousands of people died from the virus and people are now more likely to feel lonely during this pandemic. But how do we stop it? First, let's look at the roots of depression.

- **Causes of depression**

There are numerous causes of depression and these can be biological, cognitive, gender, co-occurrence, medications, genetic, and situational. To elaborate further, a person can conceive depression in situations specifically dwindling marriage, mental or physical subjugation, household complications, and academic oppression. In addition, it can also be caused by several neurological conditions such as bipolar disorder. These are only some of the roots of depression but in reality, there are numerous reasons for depression.



- **Stand of the Church**

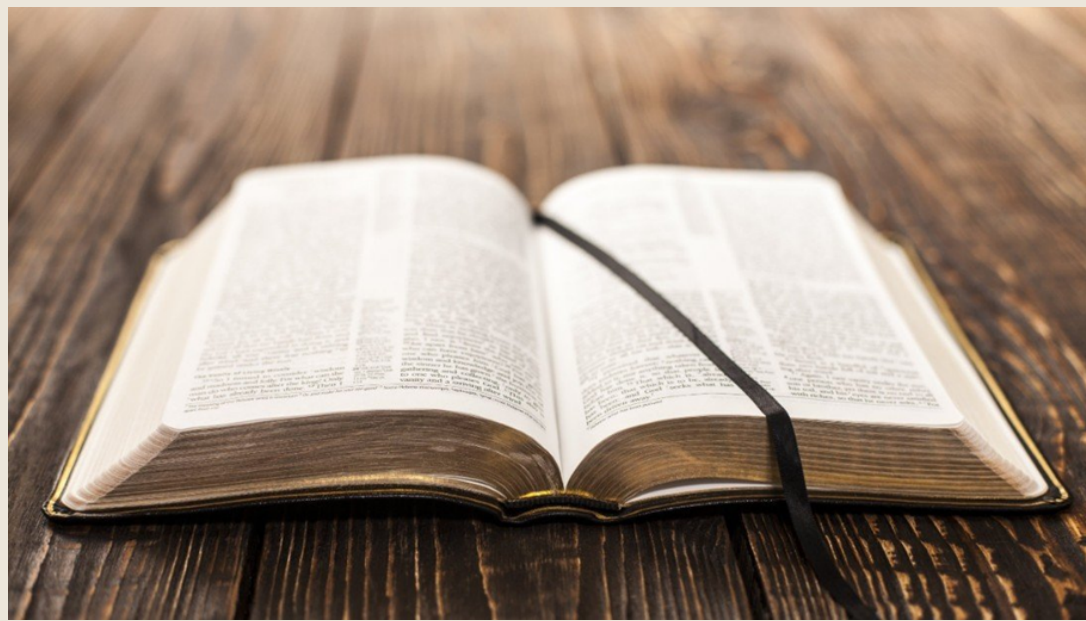
The bible also has something to say about depression. In the bible verse, Proverbs 12:25, mentions depression directly, "Anxiety in the heart of man causes depression, but a good word makes it glad". It can be interpreted that it means anxiety in the heart of a man might cause depression, but comfort will make it glad. A good word that can be comforting is enough. From Matthew 11:28-30, "Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you, and learn from Me, because I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light". It tells us that we can rely and find comfort in his embrace.

Laughter can also be one of the ways to combat depression. Like they say, 'laughter is the best medicine'. So by sitting down and watching comedy shows or movies, reading jokes, laughing with others, or merely thinking about amusing things that result in laughter can all boost dopamine levels and help with symptoms of depression. Laughter draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Naturally, laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem. So if you try to smile and give out a laugh even if it is forced. you would actually feel the natural wonder of laughter works.



- **Solutions**

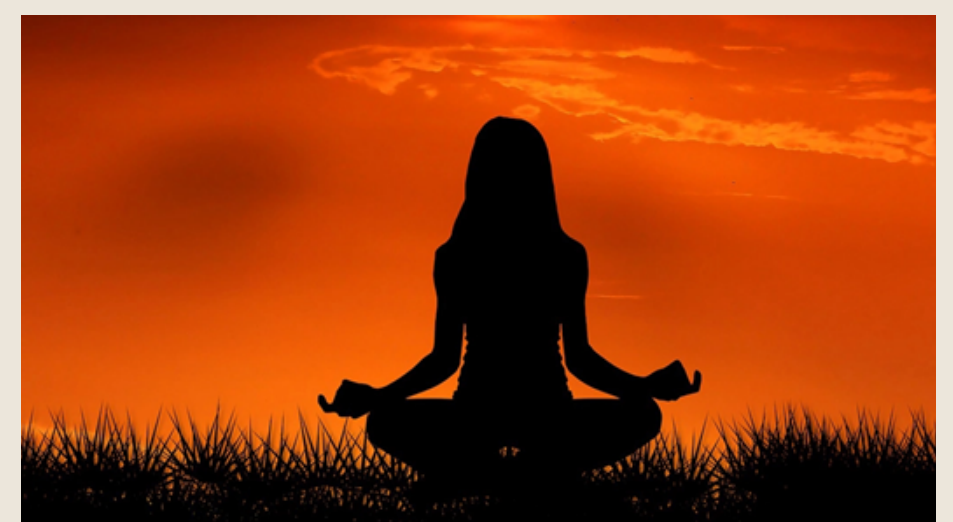
The verse from Matthew 11:28-30 stated above tells us that praying to God is one of the solutions when it comes to depression. Sometimes all we need is someone to talk to, to get some burden off our chest. Praying is also very comforting if we have faith because we know and we trust that God has a plan for us in the future, that something good will happen and that our struggles are only challenges for us to become stronger and grow as a person.

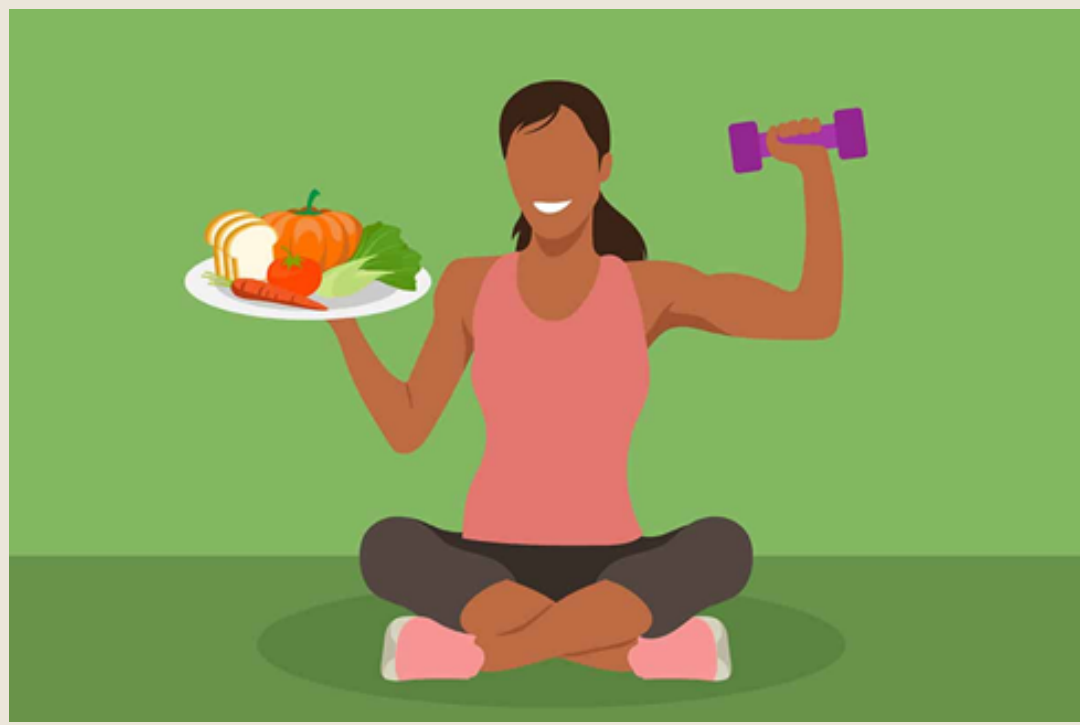


Seek help from a doctor or have therapy. Licensed psychologists are highly trained mental health professionals with experience in helping patients recover from depression. Several different approaches to psychotherapy have been shown to help individuals recover from depression, especially those with mild to moderate depression. Psychotherapy can help people with depression to pinpoint life events that contribute to their depression and help them find ways to change, accept or adapt to those situations;set realistic goals for the future; identify distorted thought processes or unhelpful behaviors that contribute to feelings of hopelessness and helplessness; Develop skills to cope with symptoms and problems, and identify or prevent future episodes of depression. Therapists work closely with their patients to create tailored treatment plans to address their unique needs and concerns. Psychotherapy can help patients learn ways to better cope with stress and manage their symptoms of depression. These strategies can lead to recovery and enable patients to function at their best.



Meditation can also be a way to help with depression. Meditation works by changing how your brain reacts to stress and anxiety, but do take note it doesn't cure depression but helps manage it. Since one of the symptoms of depression is negative thinking and dark thoughts, meditation can help you change your thinking. It doesn't necessarily mean that when you meditate it pushes the negative thoughts away, it works more as a way for you to notice what you are thinking. This may sound counterintuitive since it involves reinforcing your awareness of those thoughts and feelings. However, the practice of meditating helps to create mindfulness and acceptance of them. Not only does it manage your thoughts, meditation can help you relax especially when you feel nervous or stressed as it shifts the mind's focus from the stress response into a state of calmness. The practice allows you to refrain from acting on those thoughts and feelings if you don't want to. Instead, you recognize and appreciate that although they affect you, they're not you. Gently let them go as you meditate, disrupting the negative cycles of stress and depression.





If you have depression, improving your lifestyle can help you cope with it. Depression can be overwhelming and prevent you from enjoying things you once had interest in. It affects everyone differently, but it can interfere with your daily activities, work, and life in general. By improving your lifestyle, you are ensuring a healthy body and mind to help you cope with the challenges of having depression. Some of the ways to help improve your lifestyle is by eating healthier, changing your sleep schedule, exercising, finding hobbies that interest you, or by building or maintaining relationships with other people. A simple change in your lifestyle is one step to help you cope with your depression and to make you feel and enjoy your life even with depression.

• Conclusion

There are a lot more ways to cope with depression but to end it, it depends on you. No matter how many medicines you seek, friends you have, and doctors you see, you can't be saved if you don't hold the hand they reach out. It depends on you if you want to fall or if you want to hold the hands of your loved ones and feel hopeful again. Which is why you have to take care of yourself and think in a positive mindset by making the 5th commandment your guide and by making the Lord Jesus Christ our model in life to inspire us. Let us end our advocacy with a prayer.

Prayer:

Dear Father in heaven, I am very thankful that you gave this day to me. I enjoyed this day. Thank you Father for the blessings you showered upon us. Thank you for guiding me throughout my life. Thank you for giving me air to breathe, and strength to carry on. I am very sorry for the sins I have committed. I am sorry for the things I have done that are against your will. Lord God, I ask for guidance for the people who are in need. Provide their needs, Lord. I pray that you'll comfort those who are in tears and those who are in pain. May you embrace the people who lost a loved one due to the virus. Let them feel that they are loved. Protect those frontliners who keep fighting the virus. May you bless them so that they won't suffer from depression. Heal the people with diseases, physically mentally and emotionally and those who got infected by the virus. Give them hope Lord God, don't let them feel that they are alone. I hope that this pandemic will be gone and the world will go back to normal. I hope that you will heal the world and cleanse it. I hope Lord that the people who have trials and problems won't surrender but face their trials, because you don't give trials that we can't handle. I pray to you Lord, that you will guide those people who are still working hard to sustain their income and to provide the needs of their family. All for your glory, In Jesus name we pray, Amen.

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