

# Moving OUT *from Under the Cloud*

*Understanding Depression & Methods of Management*



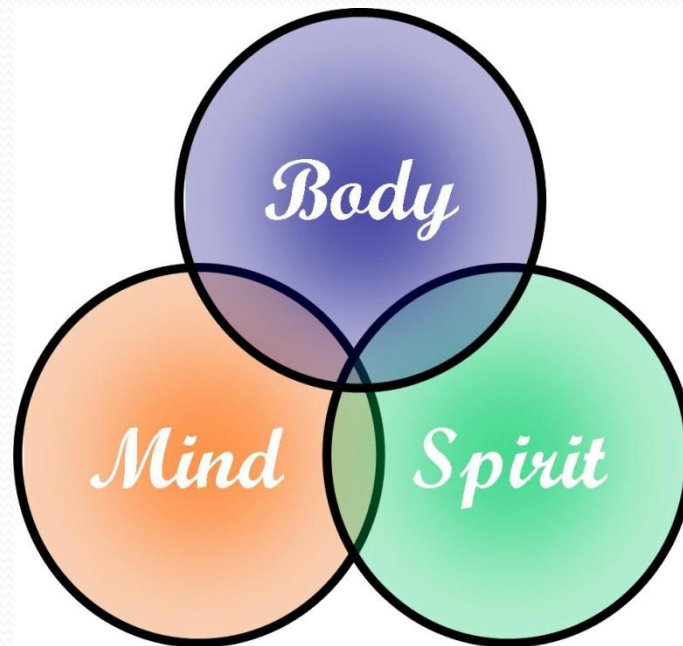
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# Take a moment and **BREATHE**

Please hold  
questions until  
the end.



# Depression: A "Crossover" Illness



# A "Crossover" Illness

**Psychological symptoms**

Mood

Cognitions



# A "Crossover" Illness

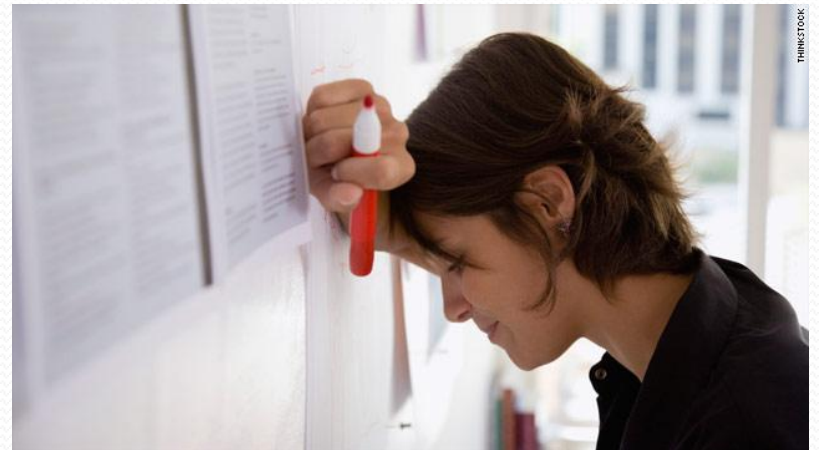
## Physiological symptoms

Fatigue

Appetite/Weight

Sleep

Agitated or Slowed



# A "Crossover" Illness

## **Spiritual** symptoms

Feeling God's Spirit

Wanting to serve

Worthlessness

Guilt



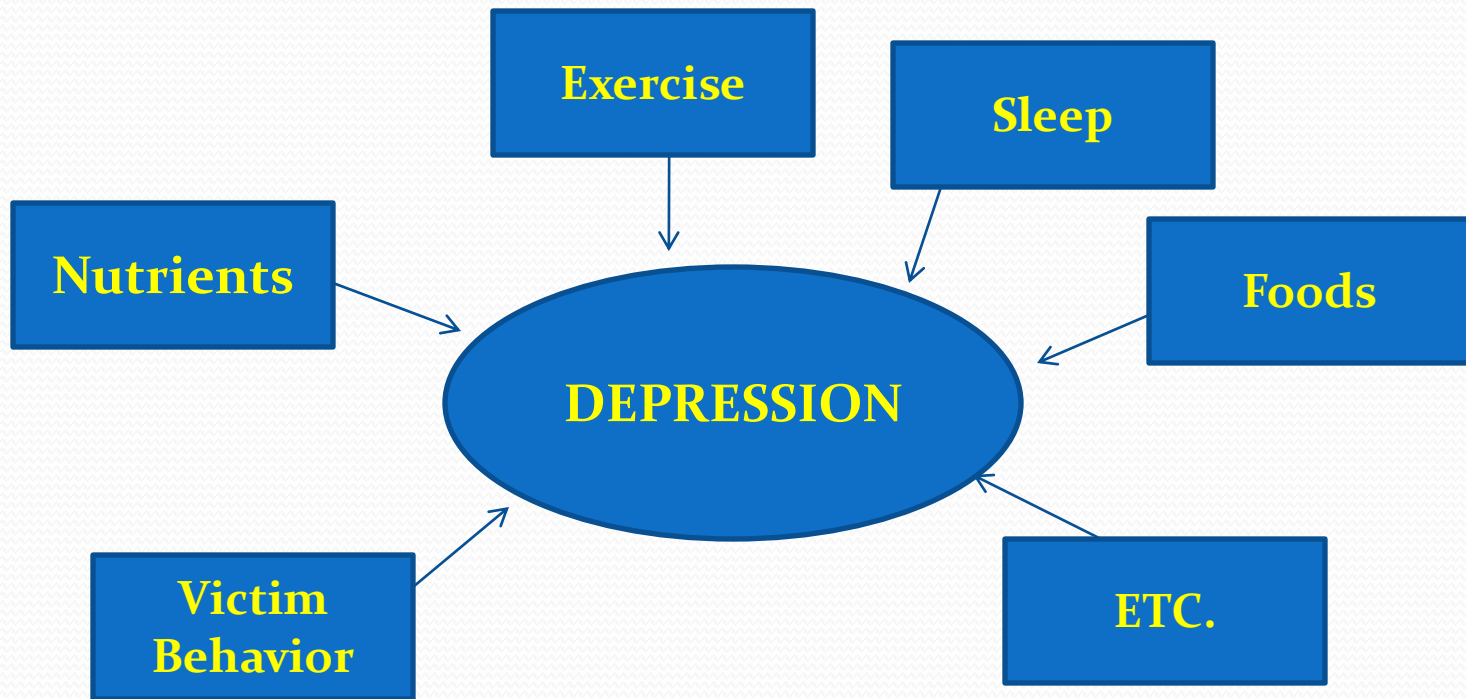
# Depressive Feelings: Not True Indications of Reality



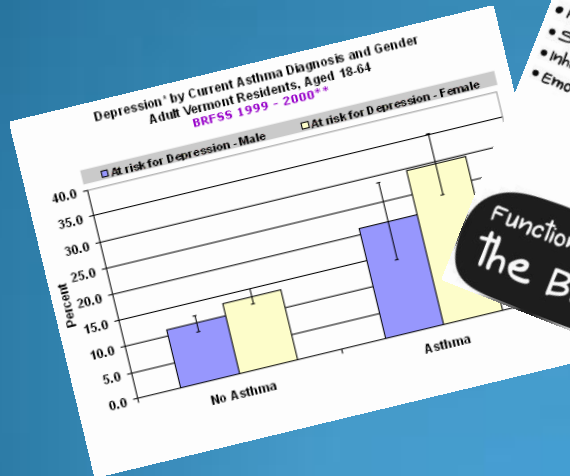
# Wholistic View

Account for multiple pathways of influence

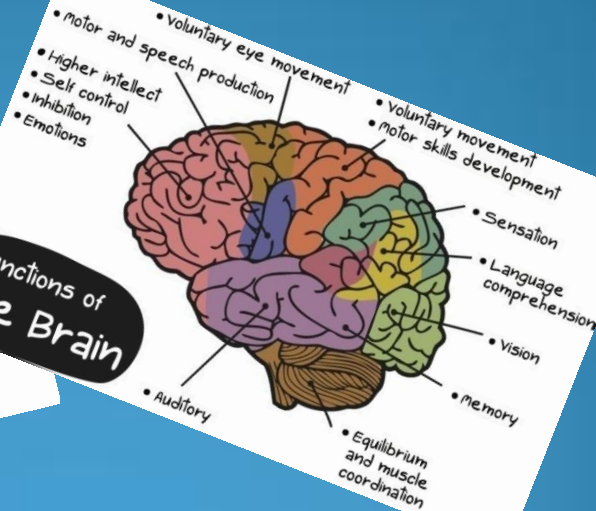




# What Scientific Data Say



## Functions of the Brain



# Depression is Largely In the Body

- Sleep
- Inflammation
- Exercise

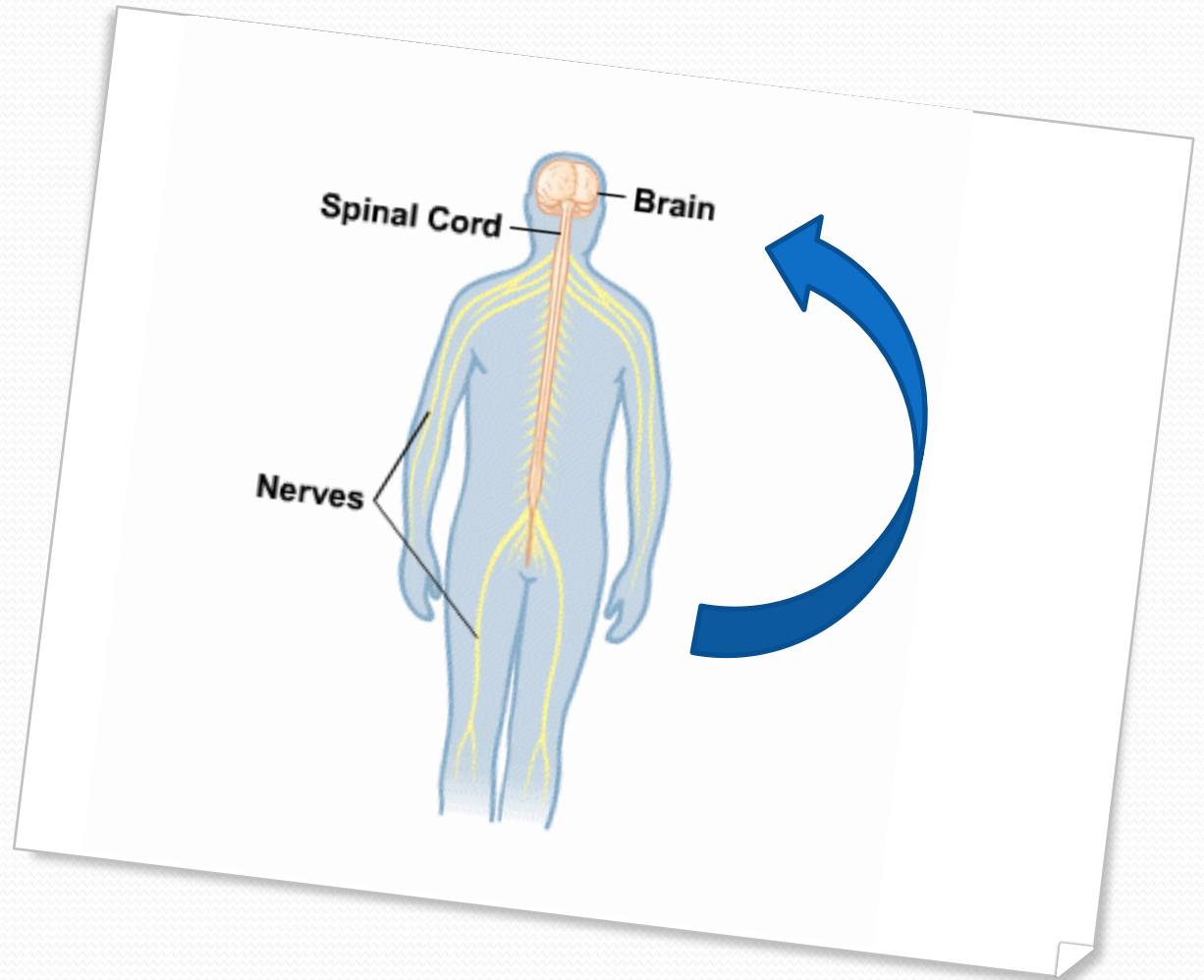


# Duke study

- Exercise vs. Sertraline (Zoloft)



# 80-20 Rule



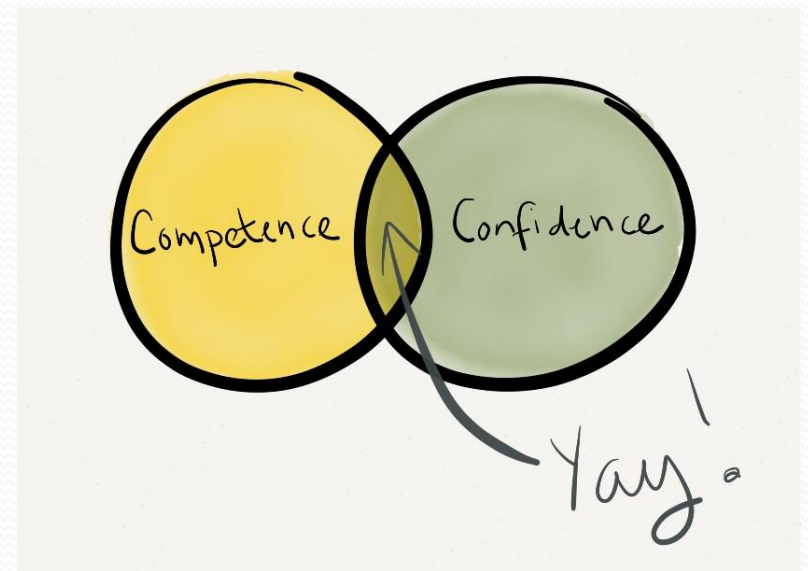
# What to DO about it:

- Dancing/singing
- Prayer
- Exercise
- Get unstuck
- What's in your best interest?



# Competence & Confidence

- Vulnerability to depression
- Hormone levels.
- Physical health.



# What to DO about it:

- Make bricks!
- DO NOT crush your bricks!
- Nutritional density
- Power poses (testosterone & cortisol)





# Experience your Emotions

- Do you “stuff”?
- Do you ignore?
- Do you blunt?



# Experience your Emotions

God made us with emotions

- Protective
- Informative
- Healing



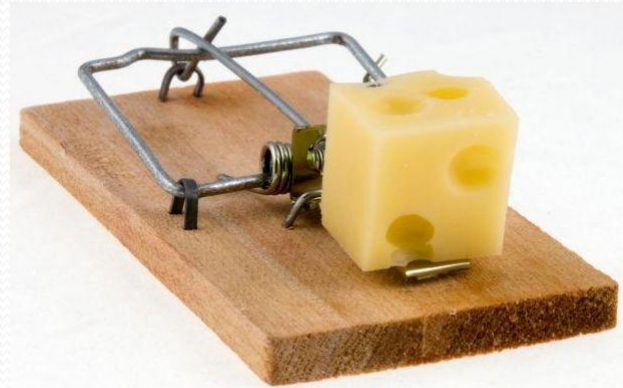
# Feeling Everything is Better

“Mixed emotions [are] ...strongly associated with relatively good physical health.”

Soc Psychol Personal Sci. 2013 Jan



You can't *selectively* blunt feelings



Reducing emotional experiencing  
reduces spiritual experiencing.

# What to DO about it:

- Stop avoiding.
- Validate
- Notice the wave



# Let's talk about GUILT

Speaking of being UNDER A CLOUD!!



# Justified Guilt



# Beating yourself up:

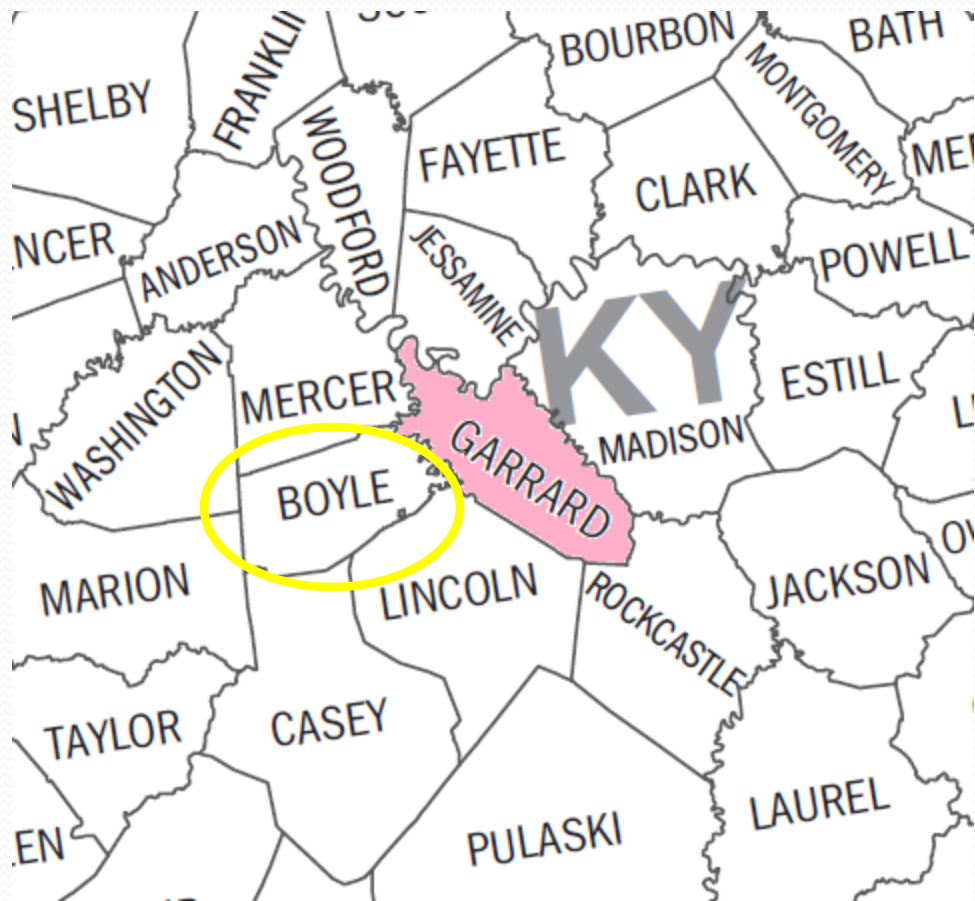
- Discouragement
- Unlikely to change
- Depression, fear and anxiety
- Poor health
- Less faith and hope
- Self-absorption
- Avoidance





# Unjustified Guilt





# What to DO about it:

- Simply change your behavior.
- Be patient.



**Remember, Christ already  
suffered for you. It's done.**



Here's a math problem:



# Continuous Turning

To turn, turn, will be our delight  
till by turning, turning we turn  
round right....



# What to DO about it:

- Watch your thoughts.
- Find a scripture.
- Focus on doing good.



# Being a Victim

(OUCH!)

**Sorry I can't today**



**My sister's friends mother's  
grandpa's brother's grandson's  
uncles's fish died and yes it was tragic!**





# Continuum

Victim

Power



# Victim

- Things “happen” to you
- Excuses
- Give in



# Power

- You create results
- Intentionality
- Actively engaged



# Choose it and Do it

You will find a WAY or find an EXCUSE

*I would have, BUT.....*



FOUNDERCODE

# What to DO about it:

- Practice being accountable.
- Be intentional



# Relieve Depression

Five ways to find relief without drugs



# Research-based evidence

- Anti-depressant drugs have an effect that is at most 30% more than simple placebo (Prozac is 10%).
- Many people have genetic polymorphisms (snps) that make anti-depressants problematic (side effects, etc.)
- Some people find drugs to be very helpful. Many others find no effect or they feel worse.
- Nearly all people find emotional deadening happens when on anti-depressants.
- Talk to your doctor first before making changes in your health care.

# Adaptogens

*Rhodiola rosea*





# Selecting supplements

- Quality
  - Independently tested
  - Stay away from synthetics
  - cGMP compliant: current Good Manufacturing Practices



# Vitamin D3 and K2 (MK7)



# Omega-3 fatty acids



# Probiotics

- Gut-Brain Axis
- $1/10^{\text{th}}$  human.
- Variety of strains
- LOT of organisms



# Magnesium (bi)glycinate

## Magnesium



# Questions?

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