
Before we begin please:

1. Print out this ACTION GUIDE
<http://www.lindahancockteleseminars.com/thankyou.html>
2. Find a pen
3. Get ready to take lots of notes
4. Enter or think about questions that you will enter in the box provided

DATE: Sunday October 25, 2009

TIME: 6 pm Pacific/9 pm Eastern

TELEPHONE: 775-335-3180

PASS CODE: 7551098



TOPIC: DEPRESSION UNDERSTOOD

A lot of what passes for depression these days is nothing more than a body saying that it needs work. – Geoffrey Norman

In this Teleseminar you will learn and discover:

- Why using the term “depressed” can be confusing
- The story I use to explain chemical depression
- How depressive disorder are diagnosed
- Statistics vary by country
- The importance of the word “function”
- Cognitive-Behavioural Theory
- Ten tips for dealing with your depression
- And a whole lot more

REMEMBER:

No matter how horrible things appear to be
You can choose to do at least one little thing to
make every day an adventure!

1. Why using the term “depressed” can be confusing

People don't always understand exactly what depression means.

May use it to describe other feelings (sadness, anger, fear, disappointment)

Not everyone reacts the same to similar circumstances (ie Henry Ford)

There are several different types of depression

People are complex and treatment is therefore complex

It isn't easy to do what will improve mood so clients can be blamed for not doing well

2. The story I use to explain chemical depression

-We each have billions of cells

-How these cells work (body, messages)

-Synapse and neurotransmitters (Coulees, Sera and Nora)

-When things work well

-The effect of stress (swimming laps were us down)

-Like “dirty oil” in your car

-What the research says about it

-Disadvantages of each treatment

-The best choice

3. How depressive disorders are diagnosed

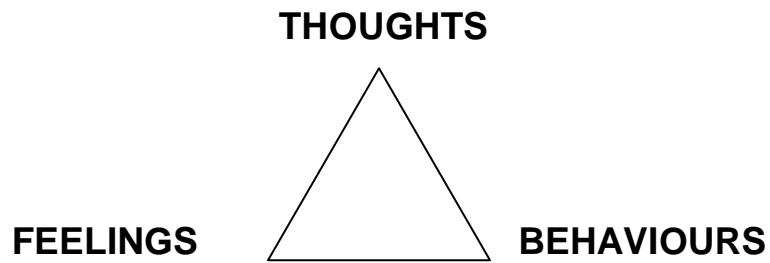
The Diagnostic and Statistical Manual published by the American Psychiatric Association

4. Statistics vary by country, season and groups (They may be understated due to confusion, dual diagnosis or under-reporting)

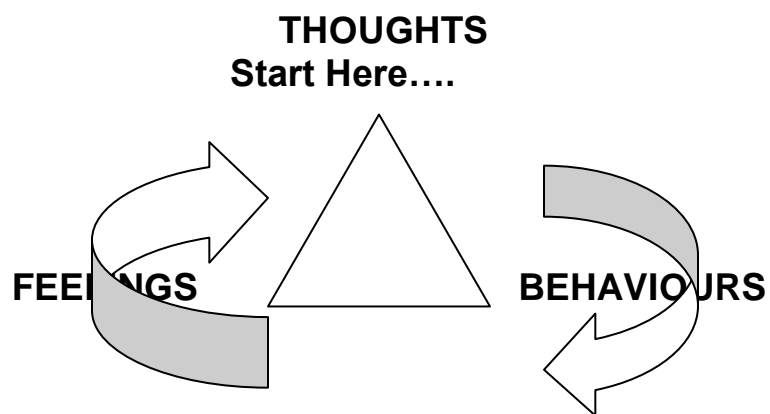
5. The importance of the word “function”

6. Cognitive-Behavioural Theory

Three parts of the personality



The starting point and direction for doing well



7. Ten tips for dealing with your depression

1. Get an accurate diagnosis
2. Follow the treatment plan
3. Learn as much as possible about depression (read, ask, research)
4. Develop excellent resources (personal and professional)
5. Reduce as much stress as possible
6. Do something to move your body every day (walking has MANY benefits)
7. Eat regular nutritious meals
8. Drink LOTS of water
9. Develop a routine that includes positive activities (force yourself)
10. Write affirmation cards and read them until they are part of your mindset

And a whole lot more...

- a) Read "Feeling Good" by Dr. David Burns and do the exercises.
- b) Send me your questions so that I can present other teleseminars that will focus on answers to help you!

[. http://www.lindahancockteleseminars.com/thankyou.html](http://www.lindahancockteleseminars.com/thankyou.html)

- c) Purchase "Loving Your Life" CD series and receive a free copy of my book "Life is an Adventure".

LindaHancockSpeaks.com

Order under the tab "Resources"