


# Navigating Depression





Carry each other's burdens,  
and in this way you will  
fulfill the law of Christ.

Galatians 6:2



# Depression

- Persistent sadness
- Loss of interest in activities
- Loss of appetite (or increased appetite)
- Sleep disturbance
- Feelings of hopelessness/helplessness
- Fatigue
- guilt
- Suicidal ideation
- Impaired functioning

## Depression Causes



genetics



brain chemistry  
imbalance



poor nutrition



physical  
health issue



drugs



stress





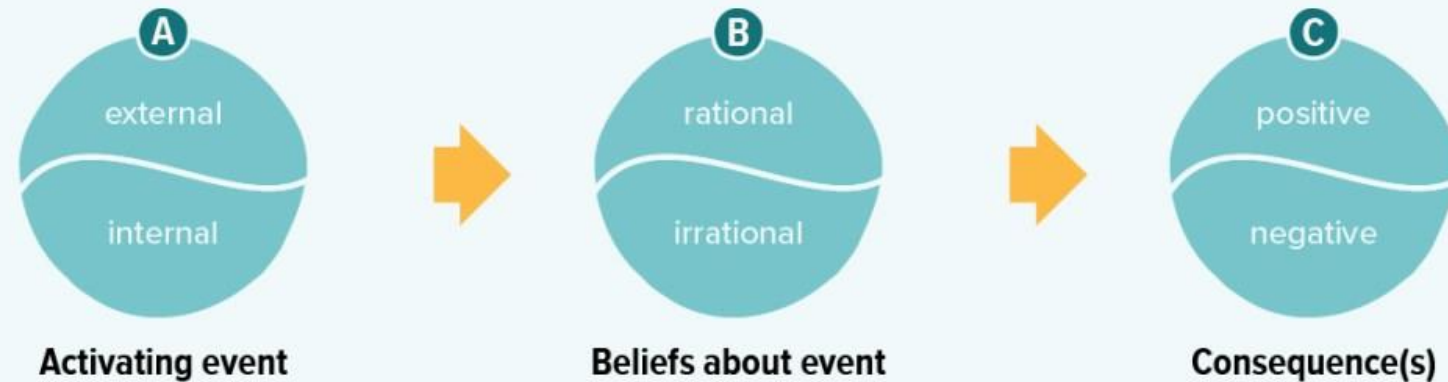
# Treatment

- Medication
- Transcranial Magnetic Stimulation (TMS)
- Counseling/Psychotherapy
- Self-help


# Cognitive-Behavioral Therapy

## ABC model of cognitive behavioral therapy

Ellis 1979



healthline




Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written:

“For your sake we face death all day long;  
we are considered as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:35-39



Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

Romans 12:2



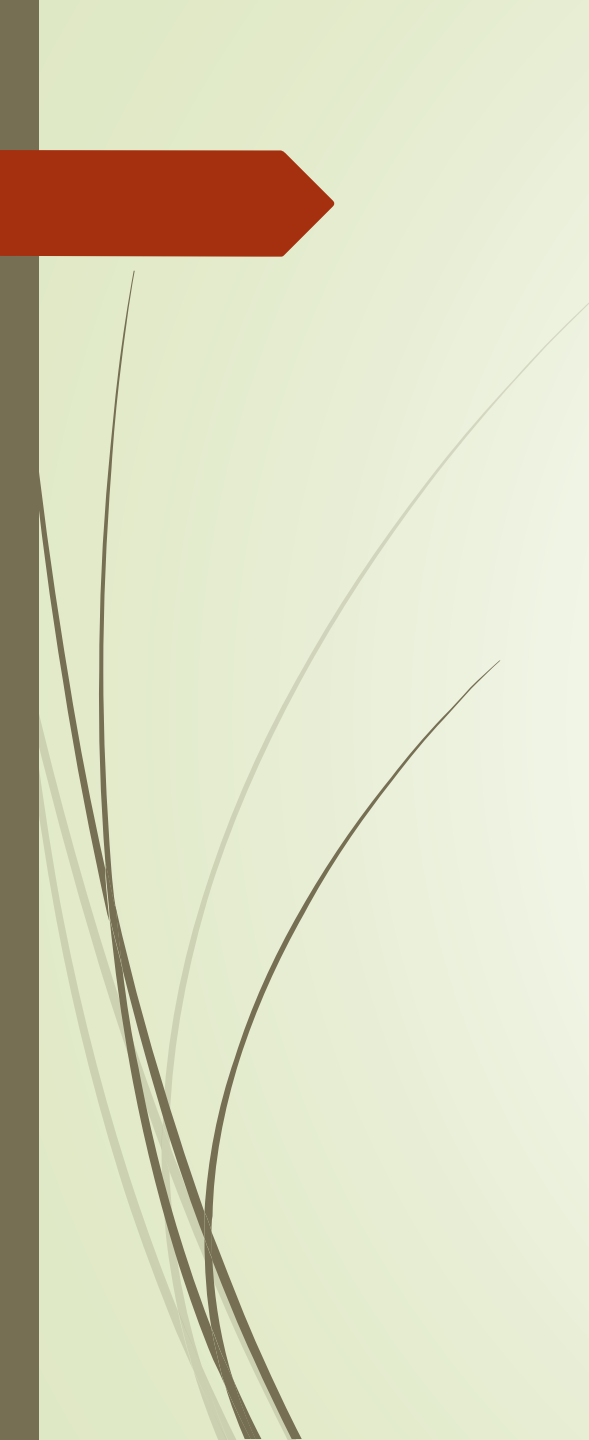


The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.

Matthew 6:22

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people

Ephesians 1:18



Ecclesiastes 3:7 – “a time to tear and a time to mend,  
a time to be silent and a time to speak,”

Psalms 46:10 – “He says, “Be still, and know that I am God;

Psalms 62:5 – “Yes, my soul, find rest in God; my hope  
comes from him.”

Psalms 131:2 – “But I have calmed and quieted myself,  
I am like a weaned child with its mother;  
like a weaned child I am content.”

# Navigating Depression



# ELIJAH

A DISCUSSION ON DEPRESSION

# STATISTICS

In 2019, 18.86%  
of American  
Adults  
experienced a  
mental illness

15.08% of youth  
had a major  
depressive  
episode in the last  
year

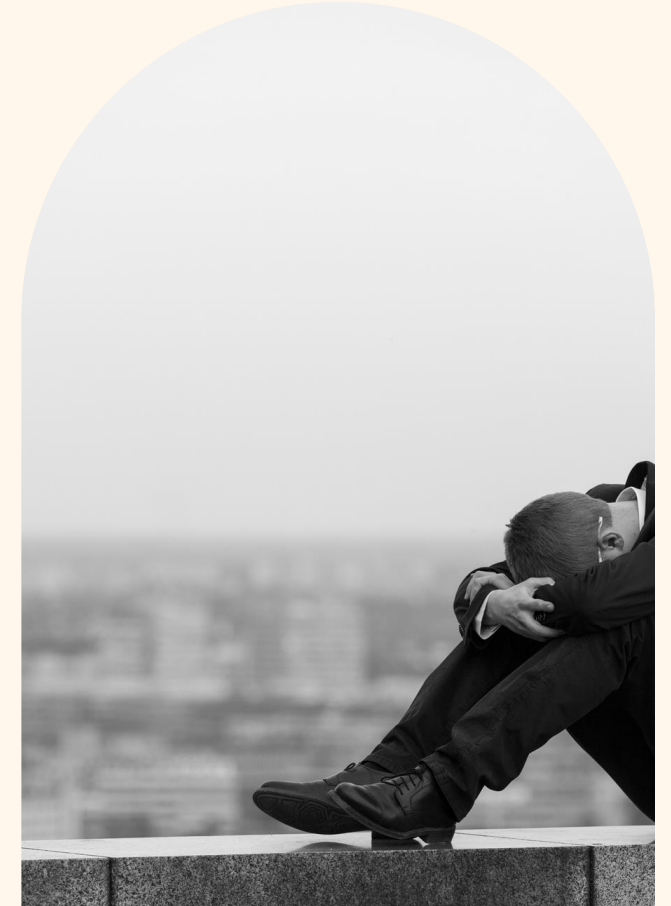
Alabama ranked 45th for  
2022 for access to mental  
health services, prevalence  
of mental disorders, and  
insurance coverage of  
mental health.

## DEFINITION

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FEELINGS OF SADNESS AND OR  
LOSS OF INTEREST IN ACTIVITIES.  
SYMPTOMS CAN RANGE FROM MILD  
TO SEVERE  
SYMPTOMS MUST LAST AT LEAST TWO  
WEEKS WITH A CHANGE IN ONE'S LEVEL OF  
FUNCTIONING.

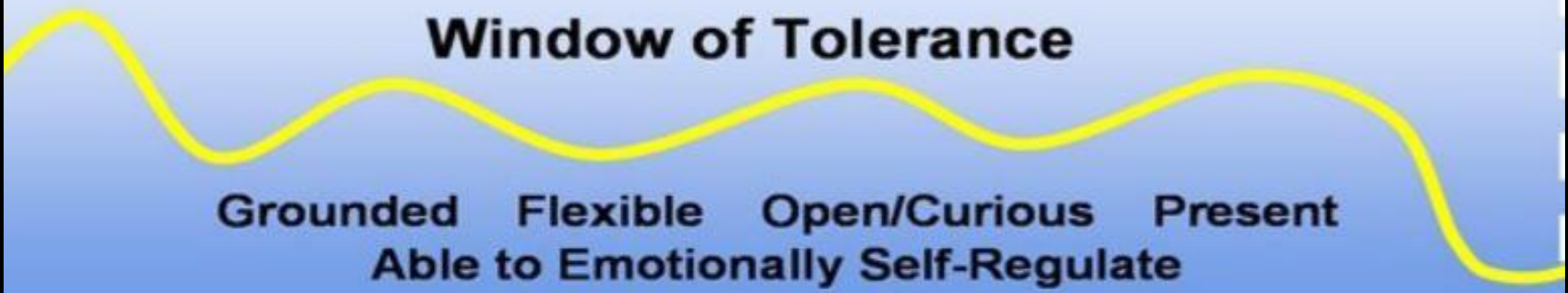
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## Hyper-arousal

High energy    Anxiety    Anger    Overwhelm  
Hypervigilance    Flight/Fight    Chaotic

## Window of Tolerance

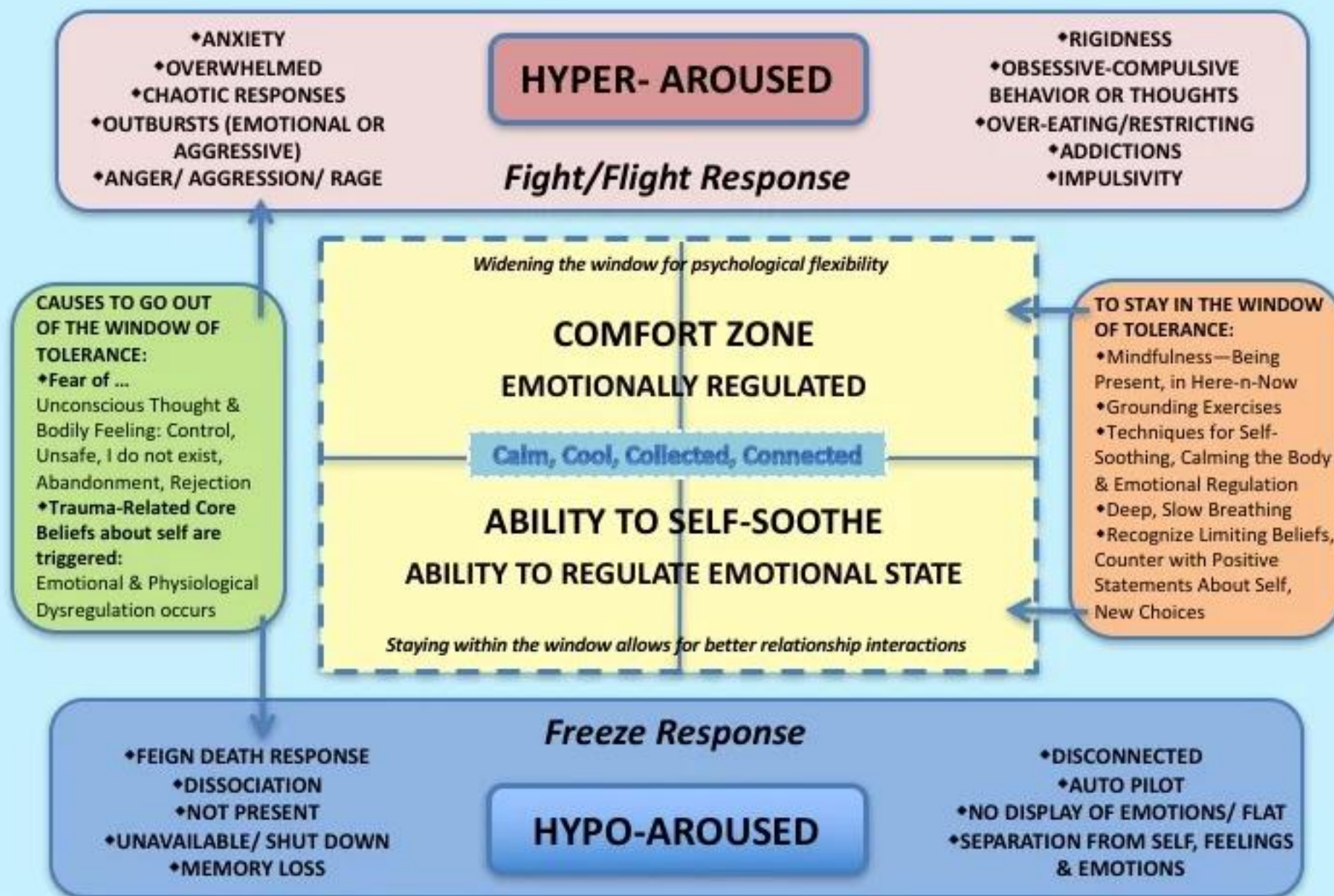


Grounded    Flexible    Open/Curious    Present  
Able to Emotionally Self-Regulate

## Hypo-arousal

Shut Down    Numb    Depression    Passive  
Withdrawn    Freeze    Shame

## WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES: *Widening the Comfort Zone for Increased Flexibility*





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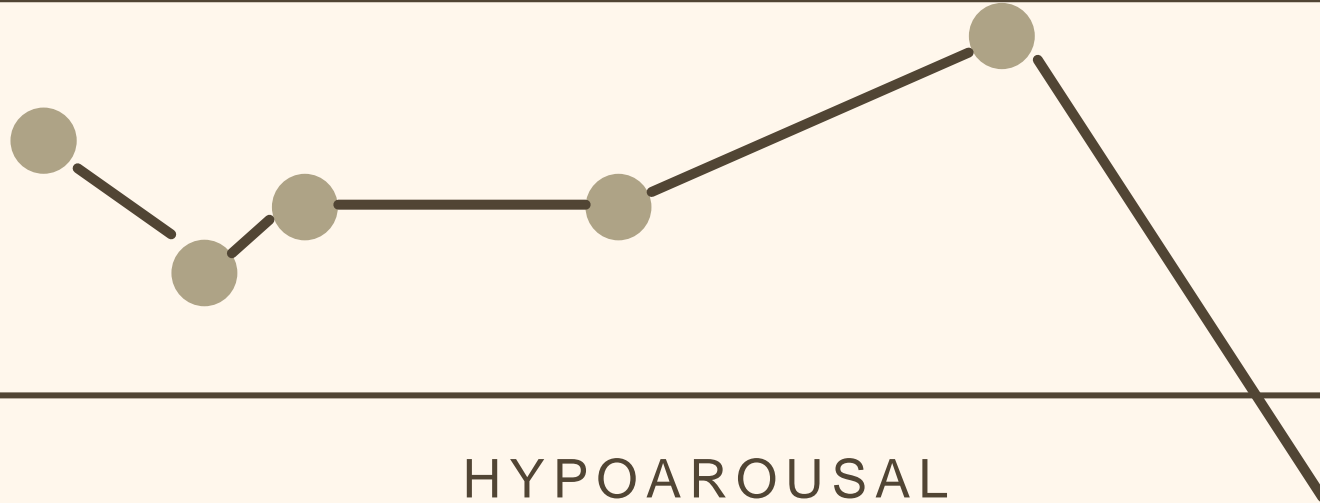
I Kings 18 & 19

Review

Elijah

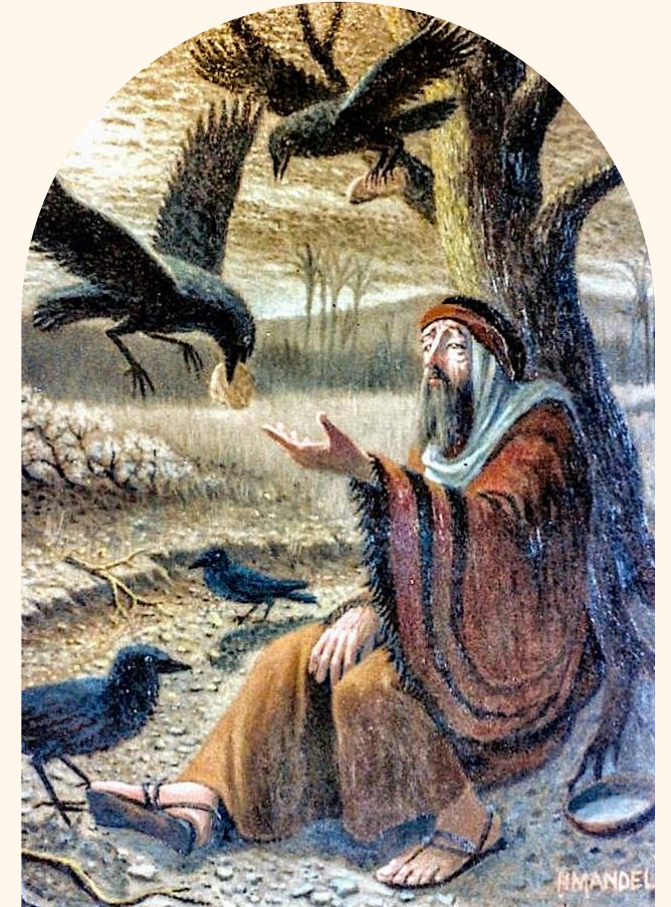
WINDOW OF  
TOLERANCE

HYPERAROUSAL



HYPOAROUSAL

ELIJAH'S WINDOW OF TOLERANCE



I KINGS 19: 1-5

After a Mountain top,  
there is often a valley

I KINGS 19: 5-9

# Meet your Physical Needs

I KINGS 19:9-10

Speak Openly

Listen Attentively

I KINGS 19:11-13

# Look for the Small Moments

I KINGS 19:18

Correct your  
Stinkin' Thinkin'

I KINGS 19:15-17

Remember Your Purpose  
or find a new one



I KINGS 19:15-17

Finally, remember you are  
not alone



# WHAT HAVE I LEARNED

- Depression is real. It effects many of us, and it has no connection to lack of faith in God.
- To overcome depression, please seek professional help. There is no shame in admitting you need someone to walk with you.
- Begin recognizing your window of tolerance... what causes you to fall above or below your window?
- Let people help you. Look for the gentle whispers in your life.
- Find a project or a purpose. Make your own meaningfulness.
- Remember, depression is not a quick fix. It's a continual choice to do the next right thing.

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SUICIDE PREVENTION HOTLINE

1-800-273-8255

ALABAMA CRISIS CENTER

205-323-7777

205-328-5465 (TEENS)

205-328-5437 (KIDS)

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