

Everyone occasionally feels blue or sad. Generally, these feelings are short-lived and pass within a couple of days. When sadness and Anxiety worsen, we can feel Depressed and overwhelmed because our life is not what we want it to be, and we don't have a plan in place for making it any better.

According to the NIMH (National Institute of Mental Health), persons with depressive illnesses do not experience all the same symptoms. The severity, frequency, and duration of symptoms can vary depending on the individual and their particular environment, stressors, and neurochemistry. There are several forms of depressive disorders, including: Seasonal Affective Disorder (SAD), Major Depressive Disorder (MDD), Dysthymia, Premenstrual Dysphoric Disorder (PMDD), and Bipolar Disorder. Depression can manifest or worsen with substance abuse, hormonal changes, some medications, and some medical disorders.

Depression Signs and Symptoms include:

- Persistent sad, anxious, or "empty" feelings
- Feelings of despair, hopelessness, or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Irritability, agitation, and restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased daily energy
- Difficulty concentrating, remembering details, and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Recurrent thoughts of death, suicide, suicide plans and/or attempts
- Aches or pains, headaches, stomach or digestive/elimination problems that do not ease even with treatment
- Worsening of depression before start of menstruation or shortly before/after giving birth.

When you have clinical depression, it interferes with daily life and causes pain for both you and those who care about you. Depression is a common but serious illness that correlates with inflammation and somatic issues. With the proper diagnosis and depression treatment, things can improve. Medications, psychotherapies, diet, and other methods can effectively treat people with depression. **I can help you develop a plan, access additional care, offer encouragement, empowerment, and put you on-track to having hope, feeling better, and that life is more manageable and satisfying.**

Depression Treatment Plan may include:

- Recognizing the Value of your Emotions.
- Learning How and Practicing to Honor your Emotions
- Honoring How your Body and Emotions Influence and Respond to one another.
- Taking Inventory and Exploring Satisfaction Levels with all areas/domains of your life.
- Start working toward a plan for improvement one-step-at-a-time. The best way to do this is building and accessing supports, noticing and changing negative patterns, and building positive coping skills.