

Finding Your Way Through the Dark

Living with Depression

Living with Depression

Story 1

A **sudden**, out of the ordinary, and overwhelming feeling of sadness:

- Loss of appetite
- Trouble sleeping
- Untrustworthy thoughts
- Loss of enjoyment
- Codependency
- Low self-esteem

After a month of depressive symptoms, seeking help through the following factors aided in the recovery process:

- Cognitive Behavioral Therapy groups
- Art/Music therapy
- Psychiatric medications
- Education in depression itself
- Keeping in tune with religious practices and other places of hope, faith, and inspiration

"Stay the course!
Recovery is a
process"

Story 2

A **"slide"** into depression following the buildup of stresses due to major life events led to:

- Loss of appetite
- Exhaustion and sleep disturbance
- Difficulty concentrating
- Loss of ability to enjoy life
- Worthlessness
- Hopelessness

A loss of ability to enjoy life, a feeling of worthlessness, and a feeling of hopelessness were significant symptoms that led to seeking help. These resources together greatly helped with recovery:

1. **Medication** from family physician to help with sleep, energy, and to feel steadier
2. **Cognitive Behavioral Therapy**
3. **Social support** from friends and family



Data adapted from "Finding Your Way Through the Dark: Living with Depression", a webinar originally held on 12/14/2020. Presented by W. Daniel Hale, Ph. D. & Reverend Pamula Yerby-Hammack.

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Ways to Live Well in Recovery

- Establish and maintain healthy routines (getting the optimal amount of rest and sleep)
- Have a healthy diet and stay physically active
- Limit news consumption and do not let things overwhelm you
- Spend a majority of your time around a good and encouraging group of people

Resources: Books

- **Flying with One Wing: God's Grace in Our Times of Adversity** by Reverend Pamula Yerby-Hammack
- **Depression – Out of the Darkness and Into the Light** by W. Daniel Hale, Ph. D.
- **Healing Bodies and Souls** by W. Daniel Hale, Ph. D. and Harold Koenig
- **Building Healthy Communities Through Medical-Religious Partnerships** by Richard Bennett, M. D. and W. Daniel Hale, Ph. D.

Understanding Episodes

- To avoid recurrent episodes, it is important to maintain a healthy routine by remaining consistent with self-care and therapeutic supports.

Resources: Helplines & Websites

National Suicide Prevention Lifeline **1-800-273-8255**

Crisis Text Line **741-741**

- **NAMI Maryland:** www.namimd.org
- **American Psychological Association:** www.apa.org
- **Mental Health America:** www.mhanational.org
- **Depression and Bipolar Support Alliance:** www.dbsalliance.org
- **National Institute of Mental Health:** www.nimh.nih.gov



NAMI Maryland can help.
Visit www.namimd.org or
call 410-884-8691 for more
information



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