

FIGHTING DEPRESSION

How Do I Fight Depression?

- (1) Write it down. (2) Speak to Father.
- (3) Read the Word. (4) Talk to Someone.
- (5) Do Happy Stuff. (6) Live with Positivity.

How Do I Help a Friend Fight Depression?

(1) ASK: Ask them what they think is making them depressed. People usually have some idea of what is triggering their depression.

(2) DRAW: Have them write or draw a timeline of their lives indicating significant events (both positive and negative). Talk about the negative events and the things they learned about life, God and themselves from these events.

(3) TALK: Have them talk about areas in their present life where they feel powerless or hopeless. Identify any faulty thinking that is producing these feelings. Allow God to minister to these faulty beliefs.

(4) ACT: Help them to create a plan of action to deal with their feelings of powerlessness. First get them to describe a favourable goal. Then get them to identify the steps they need to take to achieve the goal. Help them break down the steps to small enough sizes to make them achievable one at a time. Pray and believe for the grace for them to achieve the first step. Encourage them as they put their plan into action.

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