



Depression

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Webster Definition

- : a state of feeling sad : dejection (2): a psychoneurotic or psychotic disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies

When depressed your bed can become your grave

Signs

- STRESS and ANXIETY
- Passive, nonverbal, poorly motivated, pessimistic
- "What's the use?"
- Helplessness
- Talks of suicide
- Anger
- Guilt
- Insecurity
- Can be cyclical

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Biblical Examples

1st Kings 19

- Elijah and Jezebel

Job 3

- Job

Biblical Answers

- Luke 12:32
- Psalms 23
- Psalms 94:19
- Jeremiah 29:11
- 1st Peter 5:7
- Philippians 4:5-7
- Proverbs 12:25
- John 14:1
- Matthew 6: 25-34

Practical Advice

- Trust God
- Stay Active
- Don't be alone
- Stimulate Physical fitness
- Teach stress management skills
- Urge people to reach out
- Refer to outside clinical support