

Natural Ways To Overcome Anxiety & Depression

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Is it depression or just the blues?

What is Depression?



Depressing Situations



Feelings



Outlook

What are the symptoms?

- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities, including sex
- Decreased energy, fatigue, feeling "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Low appetite and weight loss or overeating and weight gain
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and pain for which no other cause can be diagnosed.

- <http://www.adaa.org/understanding-anxiety/depression/symptoms>

So, what causes depression?

- Unresolved grief and loss
- Prolonged stress
- Unresolved anger
- Chronic worry
- Negative self-talk

- Medications
- Medical conditions

- And stuff we don't know

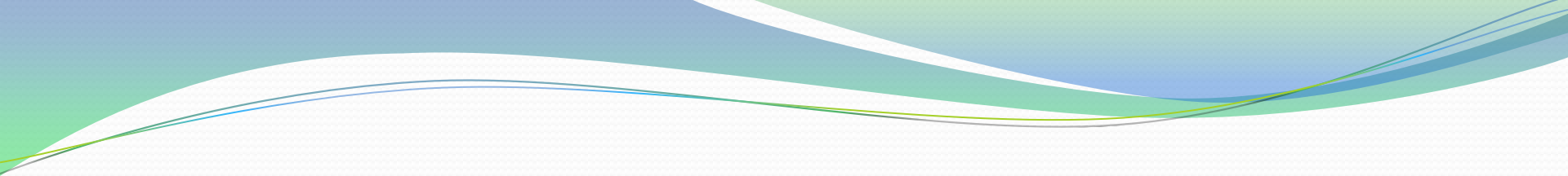


Depression & Substance Abuse

- Alcohol
- Marijuana
- Other drugs



So, what do we do?



“Depression is not a disease, the end point of a pathological process. It is a sign that **our lives are out of balance, that we’re **stuck**. It’s a wake-up call and the start of a journey that can help us become whole and happy. A journey that can change and transform our lives.”**

James S. Gordon, MD

Unstuck: Your Guide to the Seven-Stage Journey Out of Depression



Depression Lies!

LEFT BRAIN

Left Frontal Lobe

Active

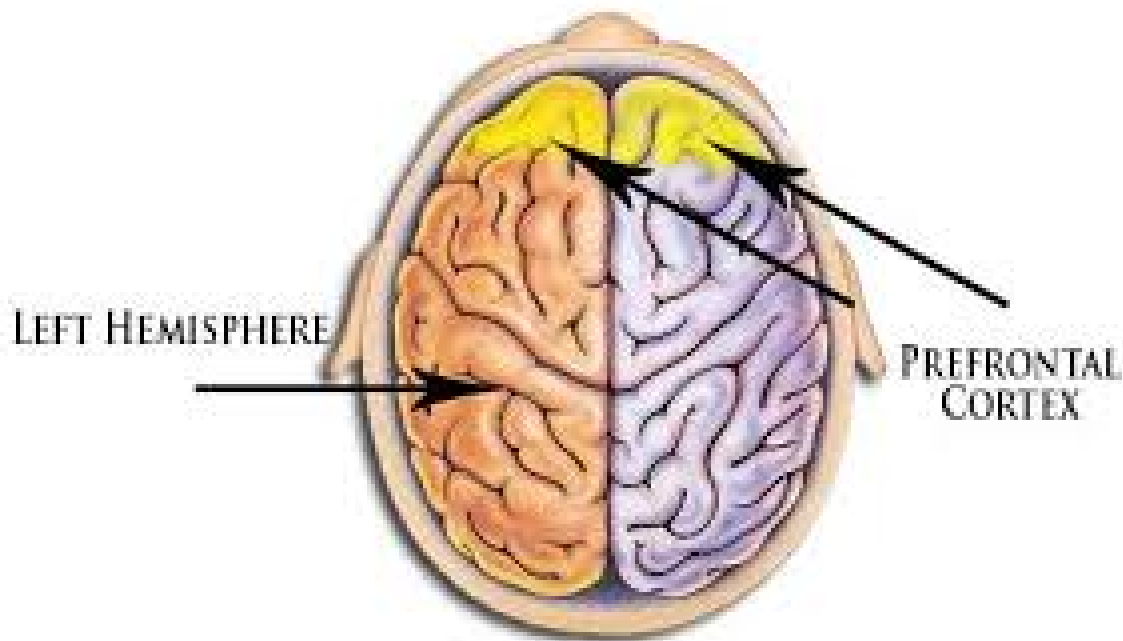
Positive emotions

RIGHT BRAIN

Right Frontal Lobe

Passive

Negative emotions



Getting Positive!

- Priming positive moods – act as if you are in a good mood, smile
- Light chemistry – when light levels are low melatonin is produced; this competes with serotonin
- Exercise – releases norepinephrine – get active to activate the left prefrontal cortex
- Constructing narratives – change what you tell yourself about an event
- Taking action – moves us from the pessimistic right side to the optimistic left
- Wiring positive thinking – recognize and change cognitive distortions
- Social medicine – positive interactions with people we care about raises dopamine

Rewire Your Brain by John Arden

Good Vibrations

- Hum – feel the resonance / buzz
- Sing / Chant
- Drum
- Dance

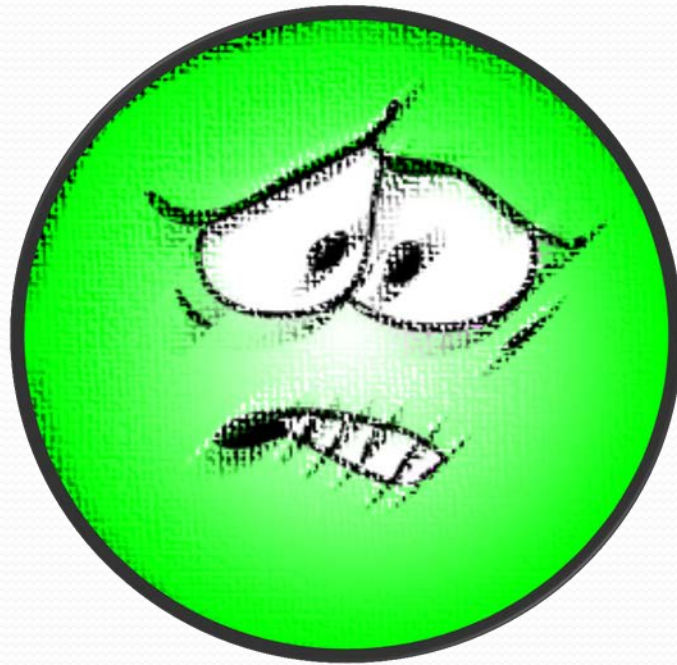


What is Anxiety?

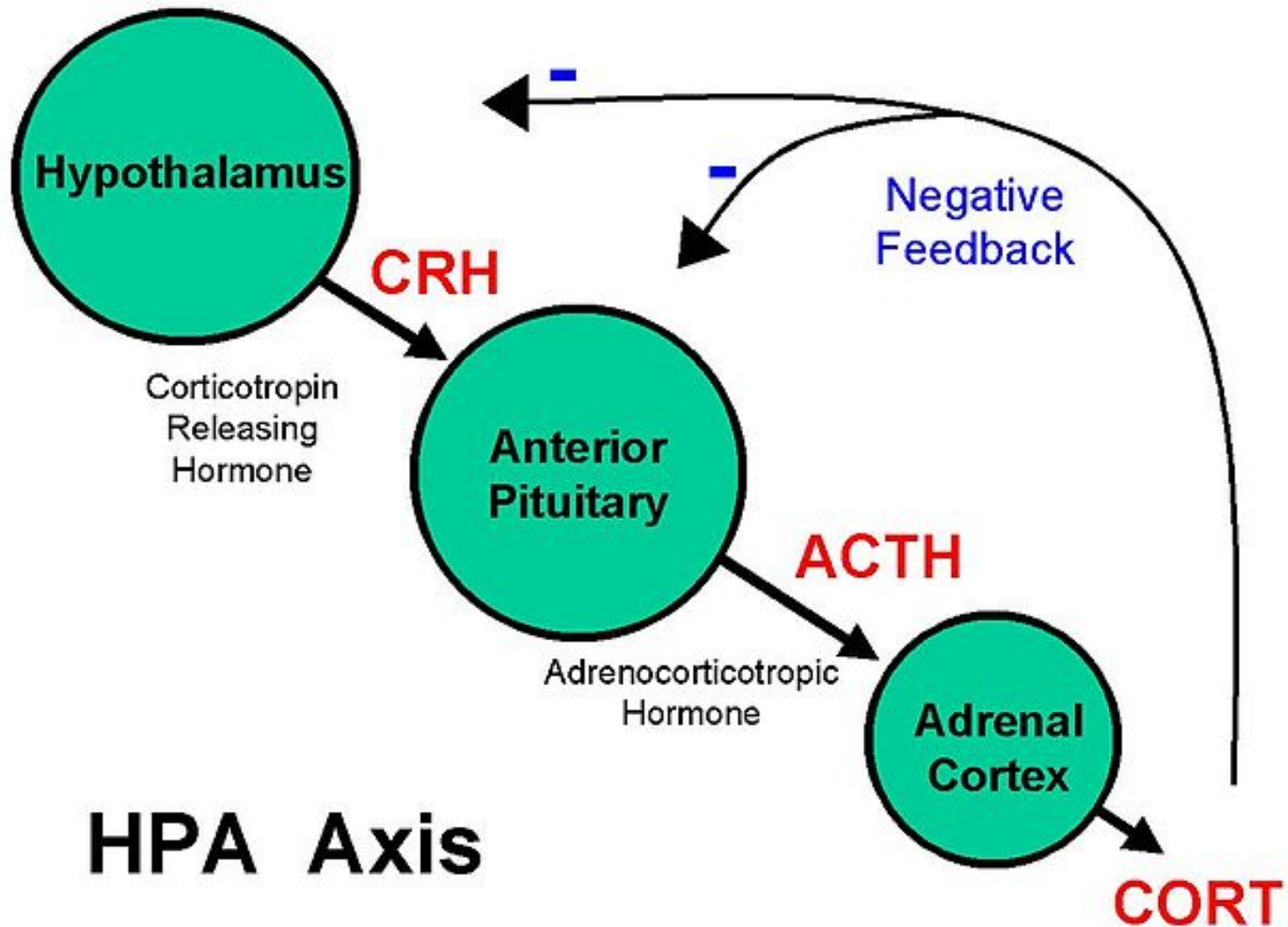
Is there a difference between

fear and **anxiety**?

Chronic **STRESS** can make you
jumpy and anxious!

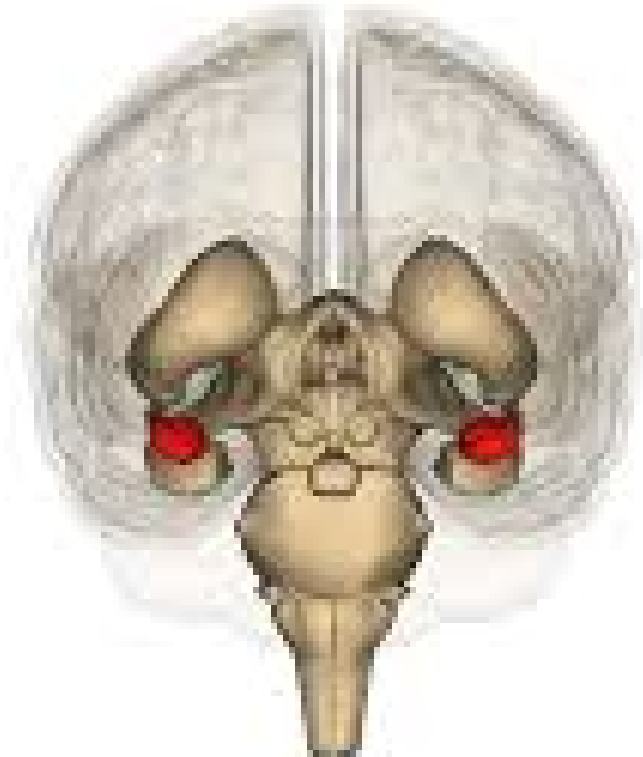


HPA Axis & Stress



Cortisol – it's good in small doses

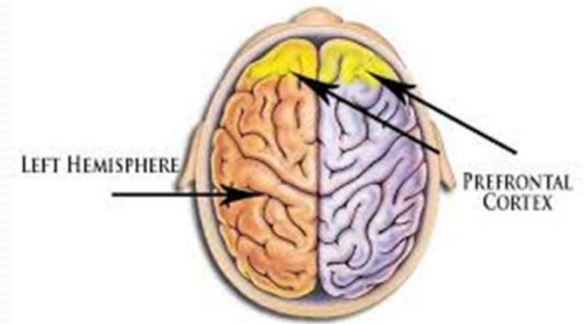
- Cortisol – fight or flight response
- Excessive cortisol depletes dopamine
- Prolonged, excess cortisol shuts down hippocampus receptors, affecting memory capacity, but the **amygdala** gets hypersensitized



Amygdala

Calming the Amygdala

- Same PFC things are at play
 - take action



Use breath and self-talk to validate safety

Hold Acupressure Point CV-17

Say: I am safe now



LIFE RHYTHMS

- Counseling
- Emotional Freedom Techniques
- Vibroacoustic therapy & Brainwave Entrainment
- Vocal Energetics

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