OVERCOMING DEPRESSION AND ANXIETY

Practical Tools for Assessment and Treatment

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Rather, it is an active process of learning the elements of healing; and then applying them, consistently and intentionally, over the process of time.

This awakens the healing power within the individual, calling forth the innate capacity of the human body and mind to restore itself.
The bodies we live in possess amazing, God-given power to heal and regenerate themselves,

As long as we do not do anything to get in the way of this healing power.

The brain is a particularly powerful and resilient organ capable of neuroplasticity throughout our lifespan.
We can fortify and build upon the innate healing capacities of our bodies and brains.

>> IF....

we clearly know the difference between what heals and what prevents healing;

And

we regularly practice what is known to promote healing in our bodies and in our brains.
The “ADASA” response:

A-nxiety
D-epression
A-nger
S-tress
A-ddiction

These can occur separately, or more commonly, can occur together, complicating one another.
Differential Belief Systems about Managing Depression and Other Disorders

Choice and Empowerment

Victimhood and Brokenness

Independence
Dependence

Exhileration, Joy, Triumph, Hope, Self-Efficacy, Confidence.

Symptom relief, with side FX and fluctuations; worry about continued efficacy of external support.
Exercise: Does a Body Good, Does a Brain Good!
Relapse Rates, 6 months later:

- Zoloft only
- Exercise only
- Zoloft + Exercise
“We live in a day when the adversary stresses on every hand the philosophy of instant gratification. *We seem to demand instant everything, including instant solutions to our problems.*

“We are indoctrinated that we should always be instantly emotionally comfortable. When that is not so, some become anxious—and *all too frequently seek relief from counseling, from analysis, and even from medication.*”

Boyd K. Packer,
“Solving Emotional Problems in the Lord’s Own Way”,
Ensign, May 1978, 91
“It was meant that life would be a challenge. To suffer some anxiety, some depression, some disappointment, even some failure is normal.

“Teach our members that if they have a good, miserable day once in a while, or several in a row, to stand steady and face them. Things will straighten out. There is a great purpose to our struggle in life.”

Boyd K. Packer,
“Solving Emotional Problems in the Lord’s Own Way”, Ensign, May 1978, 91
INEFFECTIVE APPROACHES:

These are all ineffective over time, because they foster dependency on some outside source, rather than developing strength, capacity, and healing from within the individual.
"From the inside"

is the only way
in which any of us
truly heal.
“‘Salvation,’ said the Prophet Joseph Smith, ‘is nothing more nor less than to triumph over all our enemies and put them under our feet.’ (TPJS, p. 297)

“We can rise above the enemies of despair, depression, discouragement, and despondency by remembering that God provides righteous alternatives.”

Ezra Taft Benson,
“Do Not Despair,”
Ensign, Nov. 1974, p. 65,
and Oct. 1986, p. 5
1. Relationships

**Triggers:**
- Grief
- Transition
- Conflict
- Lack Interpersonal Skills
- Abuse / Violence
- Injury / Illness
- Loss
- Disappointment
1. Relationships

2. Thoughts
THE DIAMOND

1. Relationships
2. Thoughts
3. Behavior
1. Relationships

2. Thoughts
   - Identify
   - Replace
   - Assimilate

3. Behavior

4. Spirituality
1. Relationships
  - Identify
  - Replace
  - Assimilate

2. Thoughts

3. Behavior

4. Spirituality
THE DIAMOND

1. Relationships
   - Identify
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What is the ingredient that can turn a trigger experience into an “ADASA” response – rather than a sanctifying one?

### The “ADASA” Response:

- **A** – anxiety
- **D** – depression
- **A** – anger
- **S** – stress
- **A** – addiction
1. Relationships

2. Thoughts

- Can provide a saving resource within to help us weather adversity’s storms

OR

- Can create additional layers of needless, distracting, unproductive pain
A treatment strategy (applied in therapy and/or self-guided bibliotherapy) designed to help people recognize and eliminate negative thinking patterns that contribute to emotional distress.
Common “Cognitive Distortions”

Turned Inward

- Depression
  - Self Hate

All-or-Nothing

Blame / Self-Blame

Turned Outward:

- Anger / Conflict

Both:

- Addiction
- Should Statements
- Mental Filter
Replacement

#1:

All-or-Nothing Thinking
("The Light Switch")

On (+)

Off (--)

(Nothing in between!)
All-or-Nothing Thinking
("The Light Switch")

On  (+)
Off  (--)
Replacement #2:

Self Blame:

“It’s all my fault!!”
"It's all my fault!!"

"Blame Pie:"

Self Blame:

My Part

Her Part

His Part
Replacement #3

Should Statements:

“So and so should do such and such!”
**Should Statements:**

“So and so should do such and such!”

**3-Part Reality Check**

1- “It would be nice if ______
2- “But the reality is ________”
3- “Therefore, my most effective response could be __________”
Replacement
#4:

Mental Filter: (Focusing on the negative)
Mental Filter:

Grateful Awareness

(Recognizing the positive)

(Focusing on the negative)
The Power of Positive Perspective
Gratitude Journal
Jumping to Conclusions - 2 Varieties:

1. Mindreading

- Ambiguous Stimuli
- Worst-Case Scenario

2. Fortune-Telling (AKA “What If” Thinking)
Decatastrophizing

Step 1 – **Build a Menu** of Alternative Explanations:
- Worst Case Scenario
- Best Case Scenario
- Most Likely Scenarios

Step 2 – **Assess Probability** of Each Scenario

Step 3 – **Develop a Coping Strategy** - especially in the event of a highly probable worst case scenario
Replacing The Top 5 Distortions:

**Distortions**
- All or Nothing Thinking
- Blame / Self-Blame
- Should Statements
- Mental Filter
- Catastrophizing

**Antidotes**
- Continuum Thinking
- “Blame Pie”
- 3-Part Replacement
- Grateful Awareness
- Decatastrophizing
Replacing The Other 5 Distortions:

Distortions:
- Overgeneralization (Always/Never)
- Discounting the Positive
- Magnification (Comparing)
- Emotional Reasoning
- Labeling

Antidotes:
- Specificity
- Cherishing the Positive
- Appreciating Differences
- Mind/Heart Balance
- Factor Interplay
THE DIAMOND

1. Relationships

2. Thoughts

- Can provide a saving resource within to help us weather adversity’s storms

  OR

- Can create additional layers of needless, distracting, unproductive pain
1. Relationships

2. Thoughts

An inevitable by-product of our thoughts (whether positive or negative)

3. Behavior
The Continuum of Depressive Behavior

Severe
• Harm to self or others
• Suicidal behavior

Moderate
• Addictive behavior
• Self Sabotage

Mild
• Withdrawal
• Passivity and Inaction
Which weed would you rather pick?
- Problem Prevention
- Teaching Resilience
- Promoting Wellness
- Strengthening Self-Efficacy & Self-Reliance
YOUR
Happiness Toolkit:

16 Practical Strategies for Overcoming Depression And Building a Joyful, Fulfilling Life
(Natural powers you were born with – but may have laid aside for a time)

Tool 1: ACTION
Do What You Love

Tool 2: FEELING
Feel & Express Your Actual Feelings

Tool 3: POSITIVITY
Notice & Enjoy the Good Things

Tool 4: EXPRESSION
Express & Unleash Your Creativity

Tool 5: LEARNING
Develop New Abilities and Skills
Toolkit, Level Two: Learned Skills

(Skills generally learned at a young age, as a natural part of growing up.

Tool 6: **IDENTITY**
Know & Value Your Unique Traits

Tool 7: **RECORDING**
Write & Preserve Your Life Experience

Tool 8: **SEEKING**
Reach Out for Guidance, Support, Insight

Tool 9: **SOCIALITY**
Engage in Meaningful Social Connections

Tool 10: **SERVICE**
Joyfully Share What You Have (And Are!)
Toolkit, Level Three: Advanced Strategies

(Powerful skill sets that must be intentionally and strategically learned)

Tool 11: ORDER
Organize Time, Resources, Living Space

Tool 12: HEALTH
Care Wisely for Body and Brain

Tool 13: THINKING
Direct Thoughts in Positive Productive Ways

Tool 14: COMPASSION
Be Gentle & Kind, w/Self & Others

Tool 15: CONNECTION
Communicate, Relate Well W/Others

Tool 16: HEALING
Repair Old Wounds, & Move On with Joy!
YOUR
Happiness Toolkit:

Customized to each individual

16 Practical Strategies for Overcoming Depression And Building a Joyful, Fulfilling Life

Info and updates on CounselingLibrary.org

Coming January 16, 2019
RE-DESIGN YOUR LIFE!
1. Relationships
   - Identify
   - Replace
   - Assimilate

2. Thoughts

3. Behavior

4. Spirituality
# The Mosaic Timeline

<table>
<thead>
<tr>
<th>Year / Age / Grade</th>
<th>Major Events</th>
<th>Trials / Adversity</th>
<th>Tender Mercies</th>
<th>Lessons / Products</th>
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</thead>
<tbody>
<tr>
<td>1972 / 10 / 5th</td>
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<tr>
<td>1973 / 11 / 6th</td>
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<td>1974 / 12 / 7th</td>
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<td>1975 / 13 / 8th</td>
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<td>1976 / 14 / 9th</td>
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<td>1977 / 15 / 10th</td>
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"And Jesus increased..."

*(Luke 2:52; see also D&C 93)*

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<th>In wisdom <em>(Mental)</em></th>
<th>And in stature; <em>(Physical)</em></th>
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<td>In favor with God <em>(Spiritual)</em></td>
<td>And man <em>(Social)</em></td>
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“We likewise must also increase…”

(3 Nephi 27:27; see also D&C 93)

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## Positive Growth / Coping Skills

*(3 Nephi 27:27; see also D&C 93)*

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<th>Mental:</th>
<th>Physical:</th>
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<tr>
<td>• Get a positive new perspective</td>
<td>• Feed your body wisely</td>
</tr>
<tr>
<td>• Manage your thoughts wisely</td>
<td>• Exercise, sleep, sunlight</td>
</tr>
<tr>
<td>• Set and keep goals</td>
<td>• Establish a house of order</td>
</tr>
<tr>
<td>• Exercise creativity, use talents</td>
<td>• Wilderness; rest and renewal</td>
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<th>Spiritual:</th>
<th>Social:</th>
</tr>
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<td>• Pray with real intent; fast</td>
<td>• Have friends, support people</td>
</tr>
<tr>
<td>• Search the scriptures</td>
<td>• Serve others – even when down</td>
</tr>
<tr>
<td>• Receive divine inspiration</td>
<td>• Reach out when you’re in need</td>
</tr>
<tr>
<td>• Time alone to be taught of God</td>
<td>• Love others unconditionally</td>
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Nov. 1988, “In His Steps” (Ensign):

“To a great extent, we are physically what we eat. Most of us are acquainted with some of the prohibitions of the Word of Wisdom, such as no tea, coffee, tobacco, or alcohol.

“But what needs additional emphasis are the positive aspects - the need for vegetables, fruits, and grain, particularly wheat. We need a generation of people who eat in a healthier manner.”
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