

7 Ways to Beat DEPRESSION

There is no need to suffer alone, Life Coach Roger Millar has designed seven key principles that may help you fight depression....

Depression affects us all at sometime in our lives. Our genetic make-up and conditioning determines how much of a controlling factor it is in our lives. There are many types of depression out there and many people know about their symptoms but when it comes to finding a solution few words flow.

Some statistics on depression

8-12% of the population will suffer from depression at some time in any year
1 in 4 women will suffer from depression compared to 1 in 10 of men
10% of boys aged 5-10 are affected by depression compared to 6% of girls of the same age.
13% of boys aged 11-15 are affected by depression compared to 10% of girls of the same age.
1 in 5 elderly in the community suffer from depression compared to 2 in 5 who live in care homes.

The word depressed implies being pressed down, constrained and boxed in. This is one of the main factors, which cause depression. "Depression starts in the mind and ends in the body, it likes the trip so much that it buys a return ticket. Depression occurs because of how we view and think about our personal circumstances. The circumstances in and of itself don't make us depressed. Victor Frank and St. Paul wrote some of their greatest works from behind bars. Depression affects the rich, poor and famous alike as the media all too often portrays. Because of the interchangeable link between the mind and body, depression creates symptoms such as;

- Tiredness and lethargy
- Insomnia
- Loss of appetite
- Loss of interest in sex
- Poor concentration
- Suicidal thoughts.



Key principals in beating depression

The following points could help or prevent depression happening to you.

Change your mind

"The mind is easier to change than matter so why not do the easy thing first and the rest will take care of itself" Depression starts in the mind is your glass half empty or half full, do you see the positives, lessons and benefits of your life experiences?

Change your body

"Look good, feel good, feel good, look good". Take regular exercise, and give your body enough time to rest and recharge. Sometimes depression is just a way our body uses to communicate that message.

Change your diet

"Diets kill you which is why people don't enjoy them". Monitor what you eat, find out which foods and drink give your body the nutrients it needs, and those, which do the opposite. Determine to balance your eating habits

Change your mental

Mental refers to a process of thought causing a chain reaction spirit-mental-physical. Having limiting, negative beliefs and thinking create depression and becomes a habit, These effects come out in our thoughts, words, actions and

physical symptoms. Positive thinking has the opposite effect.

Change your spirit & destiny

"Our so called trials provide us with the greatest opportunity for growth" We all have a purpose in life, if we don't know what it is, or we know but we aren't working towards it, depression can set in. There are many resources out there in the personal development field to help one find their unique path.

Change your friends

"Who you hang out with, will influence who you become" How do you spend your spare time, who are you with, do they help you in a positive way? What do you read? Do you read? What do you watch on TV? Having quality time that uplifts you will go a long way to preventing depression.

Try before you die

"Experience confirms, the status quo conforms" Enjoy life fully, try new techniques and processes to help you enjoy life, don't knock something before you experience it for yourself.

"Depression affects the mind and body, to beat it you need to put your mind and body into it".

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