

holistic psychotherapy :: depression

It's normal to be sad from time to time, but if you feel unmotivated or hopeless, are experiencing sleep deprivation or changes in appetite, or are having recurrent thoughts of death, you may be developing some form of depression. If so, you are not alone; nearly 18 million American adults suffer from a depressive illness. It is twice as common in women as in men.

Depression is a whole-body illness -- it involves the body, nervous system, moods, thoughts, and behavior. It affects the way you eat and sleep, the way you feel about yourself, and the way you react to and think about the people and things around you. Depression can devastate all areas of your everyday life, including work, school, family relationships and friendships, self-esteem and create doubt in your spiritual journey. You may experience a loss of interest in the activities you once enjoyed like going out to dinner, playing with your children or participating in extracurricular activities. When you are depressed, even basic daily activities seem bothersome or too hard. Symptoms can last for weeks, months, or years. There are many types of depression, with variations in the number of symptoms, their severity, and persistence.

A variety of outside factors, including a major illness or loss of a loved one, difficult relationships or living situations, financial pressures, or job stress can trigger depression. Attitudinal proclivities such as low self esteem, chronic pessimism and anxiety also can contribute to depression. Depression can even result from poor diet, food allergies, insomnia, or lack of exercise.

Many people cannot accept that they may suffer from depression. Most try to shake off the symptoms and tend to not seek treatment because they are ashamed. Denial only makes depression worse. Take one small step to be happy again -- seek treatment before depression really hurts you and your family.



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signs and symptoms of clinical depression

- Loss of energy and fatigue
- Change in sleep patterns
- Feeling of hopelessness and unworthiness
- Difficulty concentrating
- Suicidal thoughts
- Weight loss or weight gain
- Overwhelming feeling of sadness and grief
- Increased irritability and anger
- Withdrawal from family and friends

what you can do right now

get help: You should ask your doctor for a referral or authorization to see a therapist.

take care of yourself: It's essential to eat a healthy, balanced diet and get regular exercise and sufficient sleep. Excessive consumption of sugar, caffeine, alcohol and tobacco all impact your brain's ability to work properly. It's also important to take care of your emotional and spiritual well-being. Learn to identify and properly express your feelings so that you don't become emotionally overwhelmed. Friends and family can provide a helpful support system.

develop a purpose: Cultivate positive values and formulate a purpose in life that will guide you in making decisions and provide you with a sense of direction. Having attainable goals and knowing what steps to take to achieve them will enable you to see your life as having meaning.

what we do at cayenne wellness center and children's foundation

treatment

Traditionally depression has been treated with Cognitive/Behavioral Therapy or other forms of psychotherapy, and if severe, antidepressant medication prescribed by a physician. Today, more people are looking into options for all their health care, and emotional health is no exception. Many alternative treatments have become popular for treatment of depression.

nutrition :: diet :: herbs & supplements

nutrition. Food greatly influence the brain's behavior. A poor diet, especially constant snacking on junk foods, is a common cause of depression. Most people are unaware of the fact that the kind of food they eat has a direct impact on their ability to accomplish their goals. Often a patient is not willing to change long-standing eating patterns until they experience serious consequences, sometimes to the point of being impaired from daily activities or life seems unbearable. In ancient China, doctors were paid to prevent illness by noticing subtle signs of disharmony in the body, mind, and spirit, and they would prescribe herbs, foods, exercise, meditation, prayer, massage, and acupuncture as remedies. Nowadays, most Americans sense that poor diet, lack of exercise and stress contribute to illness and dissatisfaction with life, but they lack the systematic understanding of the development of symptoms which can empower them to take preventive action at the earliest signs of imbalance in their bodies and moods.

Diet-related moods and illnesses may be running your life more than you would like to admit. It is absolutely possible, and even enjoyable, to eat healthily and lead a healthy lifestyle. This has nothing to do with restriction and willpower, but rather with empowerment through knowledge and the breakdown of nutritional myths-but most of all, such transformation can take place with our expert coaching, reassurance, and guidance. Our nutritional approach is tailored to the individual client, focusing on the effects certain foods can have on mental/emotional health, toxicity and illness, digestive and internal organ health, and how the energetic properties of foods can affect every aspect of how we live our lives.

At Cayenne Wellness Center we begin by introducing you to Dr. Rowley's 3-4-4 nutritional method of eating[®]. Eating the 3-4-4 way is simple, easy and gives your body all the vitamins and nutrients -- the first step in getting your body into a homeostatic condition. Our qualified nutritional counselor can individualize the 3-4-4 nutritional method eating to specifically address individual needs and food preferences. [Click here to view PDF version.](#)

recommendations.

A diet that includes plenty of raw fruit and vegetables, with soybeans and soy products, brown rice, millet, and legumes (see 3-4-4).

- If you are nervous and wish to become more relaxed, consume more complex carbohydrates.
- For increased alertness, eat protein means containing essential fatty acids.
- Things to omit ... wheat products, wheat gluten, foods high in saturated fats, meat, fried foods, sugar, alcohol, caffeine, nicotine and processed foods.

supplements and herbs.

herbs. One of the most publicized complimentary/alternative treatments for depression has been St. John's Wort (*Hypericum perforatum*). Many research studies have suggested that for mild to moderate depression, this traditional herb, may have therapeutic benefit. It is imperative to discuss any herbal remedies or supplements with your physician, as many can have a negative interaction with other prescription medication you may need.

essential supplements. L-Tyrosine (do not take this supplement if you are taking an MAO inhibitor drug), Zinc, folic acid and Vitamin B complex plus extra B₆ and B₁₂ (see Prescription for Nutritional Healing for more information).

exercise:

exercise. Exercise can improve symptoms of depression and anxiety. Even a little exercise helps. Its psychological and physical benefits can improve your symptoms. Exercise is known to increase endorphins and energy. Exercise also helps people feel better about their bodies and time outdoors can increase the vitamin D. Exposure to nature is also a wonderful way to relax and experience enhanced mood. Moderate exercise also helps the body systems work better to eliminate toxins, waste and excess water; this also can help a person feel better. Exercise is also a wonderful way to relieve physical stress held in the body that may be contributing to depression. Many people report. after vigorous exercise, they feel more energized and worry less about their problems. Increasing physical activity is a positive and active strategy to help manage

depression and anxiety. When you have depression or anxiety, exercising may be the last thing you think you can do. But you can overcome the inertia. **Use these realistic tips and goals to get started and stick with it.**

how exercise helps depression and anxiety. Exercise has long been touted as a way to maintain physical fitness and help prevent high blood pressure, diabetes and other diseases. A growing volume of research shows that exercise can also help improve symptoms of certain mental health conditions, including depression and anxiety. Exercise may also help prevent a relapse after treatment for depression or anxiety. Research suggests that it may take at least 30 minutes of exercise a day for at least three to five days a week to significantly improve depression symptoms. But smaller amounts of activity — as little as 10 to 15 minutes at a time — can improve mood in the short term. Just how exercise reduces symptoms of depression and anxiety isn't fully understood. Some evidence suggests that exercise raises the levels of certain mood-enhancing neurotransmitters in the brain. Exercise also boost feel-good endorphins and enkaphalins. Certain endorphins and other brain chemicals released in response to exercise also produce a natural 'high'. Most of those who exercise regularly say that they feel really good afterward. Exercise also releases muscle tension, help you sleep better, and reduce levels of the stress hormone cortisol. It also increases body temperature, which may have calming effects. All of these changes in your mind and body can improve such symptoms as sadness, anxiety, irritability, stress, fatigue, anger, self-doubt and hopelessness. If you exercise regularly but depression or anxiety symptoms still interfere with your daily living, seek professional help. Exercise isn't meant to replace psychotherapy treatment of depression or anxiety.

the benefits of exercise for depression and anxiety. Exercise has many psychological and emotional benefits when you have depression or anxiety. These include:

- **Confidence.** Being physically active gives you a sense of accomplishment. Meeting goals or challenges, no matter how small, can boost self-confidence at times when you need it most. Exercise can also make you feel better about your appearance and your self-worth.

- **Distraction.** When you have depression or anxiety, it's easy to dwell on how badly you feel. But dwelling interferes with your ability to problem solve and cope in a healthy way. Dwelling can also make depression more severe and longer lasting. Exercise can shift the focus away from unpleasant thoughts to something more pleasant, such as your surroundings or the music you enjoy listening to while you exercise.
- **Interactions.** Depression and anxiety can lead to isolation. That, in turn, can worsen your condition. Exercise may give you the chance to meet or socialize with others, even if it's just exchanging a friendly smile or greeting as you walk around your neighborhood.
- **Healthy coping.** Doing something positive to manage depression or anxiety is a healthy coping strategy. Trying to feel better by drinking alcohol excessively, dwelling on how badly you feel, or hoping depression and anxiety will go away on their own aren't helpful coping strategies.

tips to start exercising when you have depression or anxiety. Of course, knowing that something's good for you doesn't make it easier to actually do it, right? With depression or anxiety, you may have a hard enough time just doing the dishes, showering or going to work. How can you possibly consider getting in some exercise? Here are some steps that can help you exercise when you have depression or anxiety. As always, check with your health care provider before starting a new exercise program to make sure it's safe for you.

- **Get your mental health provider's support.** Some, but not all, mental health providers encourage exercise as a part of their treatment plan. Talk to your doctor or therapist for guidance and support. Discuss concerns about an exercise program and how it fits into your overall treatment plan.
- **Identify what you enjoy doing.** Figure out what type of exercise or activities you're most likely to do. And think about when and how you'd be most likely to follow through. For instance, would you be more likely to do some gardening in the evening or go for a jog in the pre-dawn hours? Go for a walk in the woods or play basketball or

ride a bike with your children after school? Do what you enjoy to help you stick with it.

- **Set reasonable goals.** Your mission doesn't have to be walking for an hour five days a week. Think about what you may be able to do in reality. Twenty minutes? Ten minutes? Start there and build up. Tailor your plan to your own needs and abilities rather than trying to meet idealistic guidelines that could just add to your pressure.
- **Don't think of exercise as a burden.** If exercise is just another "should" in your life that you don't think you're living up to, you'll associate it with failure. Rather, look at your exercise schedule the same way you look at your therapy sessions — as one of the tools to help you get better.
- **Address your barriers.** Figure out what's stopping you from exercising. If you feel intimidated by others or are self-conscious, for instance, you may want to exercise in the privacy of your own home. If you stick to goals better with a partner, find a friend to work out with. If you don't have extra money to spend on exercise gear, do something that's virtually cost-free — walk. If you think about what's stopping you from exercising, you can probably find an alternative solution.
- **Prepare for setbacks and obstacles.** Exercise isn't always easy or fun. And it's tempting to blame yourself for that. People with depression are especially likely to feel shame over perceived failures. Don't fall into that trap. Give yourself credit for every step in the right direction, no matter how small. If you skip exercise one day, that doesn't mean you're a failure and may as well quit entirely. Just try again the next day.

sticking with exercise when you have depression or anxiety. Launching an exercise program is hard. Sticking with it can be even harder. One key is problem solving your way through when it seems like you can't or don't want to exercise. What would happen if you went out to your car and it wouldn't start? You'd probably be able to very quickly list several strategies for dealing with that barrier, such as calling an auto service, taking the bus, or calling your partner or friend for help. You would instantly start problem solving. But most people don't approach exercise that way. What happens if you

want to go for a walk but it's raining? Most people decide against the walk and don't even try to explore alternatives. With exercise, one often hits a barrier and say, 'That's it. I can't do it, forget it,'. Instead, problem solve your way through the exercise barrier, just as you would other obstacles in your life. Figure out your options — walking in the rain, going to a gym, exercising indoors, for instance. Some people think they need to wait until they somehow generate enough willpower to exercise. But waiting for willpower or motivation to exercise is a passive approach, and when someone has depression and is unmotivated, waiting passively for change is unlikely to help at all. Focusing on a lack of motivation and willpower can make you feel like a failure. Instead, identify your strengths and skills and apply those to taking some first steps toward exercise.

group involvement:

Another activity that is often healing for those feeling depressed, is group involvement. Once again, it may very difficult for a depressed person who has been isolating for weeks. But being in a group of others who are also struggling (with things it may seem the rest of the world finds easy) can help a person feel less alone and give them more compassion for their own situation. At Cayenne Wellness Center, we offer ongoing groups for depression. Call or email us for more information.

learning a new skill:

When someone feels depressed the last thing they want to do is get out and try their hand at something they have never done before. But with encouragement, and even someone to go with, the self-concept of learning something new can make a world of difference. Some favorite depression dispelling activities are; painting, drawing, dancing, hiking, music appreciation, poetry writing, cooking, yoga, gardening, fishing, ceramics, needle pointing, knitting and any other activities that inspire self-expression.

knitting. "Working with yarn provides stress relief," says Herbert Benson, MD, a professor at Harvard Medical School and author of *The Relaxation Response*. "Like meditation or prayer, knitting allows for the passive release of stray thoughts." But while studies have found that meditation can sometimes induce stress and depression, knitting doesn't have that effect. In fact, it tops many doctors' calming-activity lists. "The rhythmic and repetitive quality of the stitching, along with the needles clicking resembles a

calming mantra," Dr. Benson explains. "The mind can wander while still focusing on one task." So ... "Relax, dream, connect, enjoy, indulge, create -- knit."

- 18 ways knitting and stitching can help depression (click here) attach this link <http://holisticknitter.zoomshare.com/files/HelpingDepression.pdf>
- The best knit shop in town - [Elegance Designer Yarns, Pasadena, CA](#)

acupuncture :: acupressure:

Acupuncture and Acupressure has been researched for effectiveness with mood disorders and there appears to be help for some people. There are acupuncture points on the ear that correspond to mood or "spirit", as the Chinese would say. When these specific, scientific points are stimulated with tiny needles, there is a change in the energy of the patient leading to enhance feelings of well being. Here, at Cayenne Wellness Center, we partner with a husband and wife team that provides this service.

therapeutic massage:

Therapeutic Massage has also been shown to decrease feelings of depression. Not only does massage release tense muscles that often accompany depression, but toxins are moved through the body that may be causing feelings of lethargy and fatigue. People who are depressed and isolated often are deprived of human contact. Just being touched by another person in a caring therapeutic way can increase feelings of well being and hope. The relief from pain through massage for those with chronic pain can also ease the accompanying feelings of depression and anxiety. Here, at Cayenne Wellness Center, we partner with Liza Boubari of [InnerSite](#) to provide this wonderful service.

sand trays:

New psychotherapy models have also been developed to address feelings of discouragement and sadness. Sand Tray Therapy can help a person express feelings they do not have words for. This form of symbolic therapy involves toys and small objects that patients can use to work through difficult feelings and gain a sense of mastery over their situation. It is symbolic much like dream work is used.

career counseling:

Working at a job you disdain is a depressing thought, yes? But, did you know that approximately 80% of the working population clock in to a job they just don't like. Here at Cayenne Wellness Center, we have partnered with Release Your Potential, a career counseling organization that assist clients with career planning -- allowing the person to love what they do everyday and achieve their financial goals at the same time. Call us for a referral or contact the Release Your Potential group at cbocage@releaseyourpotential.net.

music therapy:

Music has been shown to have various therapeutic capabilities. Soft music and soothing sounds, used alone or with relaxation techniques, can effectively alleviate stress, relax muscles, and evoke a positive mood.

In summary, many therapists are trained to help patients set goals and encourage them as they put these plans into place. Often developing new habit patterns is an essential part of overcoming depression. Learning to say kind things to oneself, keeping an exercise program, or learning to enjoy new foods and eating habits, can all be assisted with the help of a therapist.

If you or someone you know is suffering from depression, call us, we can help. There are many new ways to address this illness. By asking your health care professional about depression you are taking the first step toward a positive change.



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