

Attacking Depression and Anxiety from ALL Angles

I have to share with you a very fun video of my daughters and I doing one of our favorite things which is **Kick-boxing**. We all shared a trainer named **Tony** for the past year plus and he is the best! (He actually made this video for me.) You might ask, **why in the world did you share that random video?** Well if you were going in a **boxing ring with a giant**, it wouldn't be smart just to know a right cross and a left jab, you would need to know an upper cut, a hook, an elbow, a duck, a round house kick etc. And **as we all probably know from personal experience re: ourselves or someone we know** that Depression and Anxiety can be one of the most formidable foes in life. (We are talking about both D & A because they go together at least **70%** of the time and what helps one usually helps the other.)

I come here today as **Depression and Anxiety expert** not because I have been a licensed therapist for 25 years (although that taught me quite a bit) but because I had debilitating (and we are talking debilitating depression and anxiety for two years! **The good news** is I've come out of it, **but it took attacking** the (**not my**) depression and anxiety from multiple angles for me to pull out of it.

I'm sure you **have your own stories** about yourself and your loved ones and what angles of attack have worked-

Please raise your hand and in one or two sentences share one angle or approach that has helped you or someone close to you to attack depression and anxiety.

We are going to go over **18 different angles!** Some I'm just going to touch on and we will expound on 3 or 4 of them.

Talk Therapy Depression and anxiety usually have relational/psychological roots. It also helps to have a safe place to be heard. I went to intensive therapy for two years and it helped quite a bit, but I needed more.

Medicine sometimes essential similar to a a diabetic needing insulin. At one point I was taking 4 different medications and they saved my life but again not enough to pull me all the way out.

Medical check up/ blood tests - Important to check to make sure that there are no underlying medical causes such as Thyroid issues. (I didn't seem to have any underlying health issues, wow some good news:)

Relationship with God - When we or a loved one is in excruciating pain and discomfoted it's common to **wonder if God cares** or if he is even **there**. My faith of 47 years (I received Christ in 4th grade. For those of you who aren't great at adding in your head, I'm 57.) Moving right along, **My faith suffered greatly** because of the depression and

is still recovering. The one thing I heard Jesus say to my heart was that he wasn't going to waste a drop of my suffering. That he was going to use every bit of it to love others. *The God Conversation* by J.P. Moreland and Tim Muehlhoff, *More Than a Carpenter* by Josh and Sean MacDowell, *Immerse: The Reading Bible (Messiah)* by Tyndale, *Imaginative Prayer* by Larry Warner and Jeannie Oestreichner **(Come to Jesus Exercise)**

Prayer/ Addressing Spiritual Warfare - It's all about authority, Spiritual forces are bound by authority structures. What power they have is power we have given them through believing lies, making unconscious or conscious vows. *Upper Dogs* by Sarah Theissen, Neil Anderson Bondage Breaker **Spiritual Warfare Prayer**

Managing Your Thoughts - Balancing and managing Your Thoughts is the goal! Manage them. Don't let them manage you! **Anxiety is usually fueled by thoughts/feelings of helplessness and depressions fueled by thoughts/feelings of low self esteem and shame. This Worksheet** is one I adapted from David Burn's books called the Feeling Good Handbook and from a workbook called Mind over Mood. David Burn's new T.E.A.M. therapy is discussed on Website feelinggood.com, Mindspace App.

***Meaning and purpose/ Helping others** - *The Healing Power of Doing Good*, Luks & Payne, Weekly volunteering /helping (with those other than family and friends.) is life changing for your entire health. (mentally and physically)

***Setting and Reaching goals - Like I mentioned,** Depression seems to have deep roots in low self-esteem and anxiety in feelings of helplessness. So setting and reaching goals makes us feel proud of ourselves and more capable.

***Learning Something New** breathes new life into us. ex. take a class I took an entire EMDR training (more about that later) and it was awesome for me professionally and personally.

***Social Connection** - We need to be in the presence of others and have meaningful connection and interchange. (There is less and less of real connection with socially media.)

***Structure** - We need structure if we aren't working, it's important to build in structure. Everyday for a while I would go to Pete's coffee, volunteer at a non-profit called 31 Bits, then go to the grocery store and walk with my friend.

Music - Dan Allender- How Music Heals Trauma in the Brain, When we listen, sing or play music that is life giving, there are two parts of our brain that are positively affected. The **amygdala**, which is the fight or flight center of the brain and the **hippocampus** whose job it is to calm down the amygdala. Evidenced by MRIs, life giving music causes the amygdala to calm down and even dance. And where with the **hippocampus trauma causes it to shrink, music** causes it to **actually enlarge**. In turn, the hippocampus does a better job at soothing the amygdala. Your Brain on Music (TED talk by Alan Harvey), Music Therapy for PTSD veteran (You Tube)

Light - Feel Bright Light Visor

Nutrition -“ You are what you eat.”

Hormone Therapy: Urine Testing vs Blood Tests

Bodylogic MD, Susan Samueli Integrative Health Institute

MTHFR - Genetic defect that impedes detoxification, Dr. Ben Lynch - Seeking Health

TMS - Transcranial Magnetic Stimulation

ECT - Electrical Current Therapy (only for a very last resort)

Exercise: *One day about a year into the Depression, I picked up Depression Bootcamp/ Freedom from Anxiety and Depression* by Mike Marino, I started going to the YMCA about 4 times a week, and it made a huge difference in how I felt! I recently ran across a TED talk by Wendy Suzuki called: The brain-changing benefits of exercise that you have to see! she has also written a book called *Healthy Brain, Healthy Life*. She says it's important to find **something that we will enjoy and actually do**. And we should do **something aerobic for 30 mins. or so 3 to 4 xs a week**. More recently I picked kick-boxing because and I could learn something new and fun and I had a trainer that I had to show up for. I chose to work with Tony because he also teaches of Parkinson's Patients (Neuro Fit) But exercise can come in many forms. One of my clients (that I am very happy to say has pulled out of a very serious bout of depression) couldn't come up with any form of exercise that she would enjoy and actually do until she remembered that she used to dance with the Wii,

My Professional blog: Attacking..... It is going to be a series of articles and my first one is on the power of exercise and it has a whole lot of statistics about how exercise helps your mood. **When we first start exercising**, we see tremendous benefits right away, so Wendy Suzuki suggests that we keep an **Exercise Mood log to keep us motivated and show us in black and white the progress that is happening**.

Walking is always great! There is actually **someone named** in Hampstead Heath, England, **Lara Just**, who **who is known as the Walking Therapist.**

*(Here's one that I had **never heard**, but it has totally proven true for me): **Doing productive things with your hands very positively effects your mood because every time we perform a task with our hands it sets in motion something called the Effort Driven Rewards Circuit** in our brain. There is a neuroscientist named Dr. Kelly Lambert who wrote a book called *Lifting Depression* **she wanted to figure out why we are so much more depressed as a people than we were 40 years ago.** Through her research she discovered that it's because as a society we do less and less for ourselves. - We barely ever cook our own food, we definitely don't grow our own food, we don't repair our our cars or houses, we don't do as many things like crafts etc. As a result, we have lower self-esteem and feel more powerless. **The bulk of her research** was with rats. She and her PhD. students split rats into two groups: The worker rats and the Trust fund Babies..... Besides her book, Dr. Kelly Lambert does a great podcast that is mentioned in your notes. **She is not at all big on** medication, but she also has never had debilitating depression and anxiety. Doing things with your hands is just one angle, but it is a big one that isn't early recognized.

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almost like Rim Sleep. After her walk she realized that what she was far less distressed. After that she began doing research and came up with this protocol for helping people work through distressing situations and traumatic memories. What she discovered was that distressing or traumatic memories get logged in the right side of the brain and the right side of the brain doesn't really know the difference between the present and the past. What the bilateral stimulation does is create neuro pathways between the right brain the more rational/ wisdom side of the brain,

Finding Quiet by J.P. Moreland, The HeartMath Solution
any of Dr Laurel Parnell books, C.I.F.T, Parnell Institute

Tapping In - Dr. Laurel Parnell - Safe Place, Resource figures, Upcoming events

Dottie's professional blog: attackingdepressionandanxiety.com

*It an added bonus if, our projects involve creativity.

***Creativity** -Brené Brown who is famous world wide for her TED talk on vulnerability says that Everyone is creative but for most our creativity has been buried. She says that If we were to ask a classroom of eight year olds if they are artists, they would all raise their hands, but if we were to ask the same classroom full of kids four years later that only about 20 percent would raise their hands. She says that mosts of us have some experience early on that discourages us in regards to creativity. (In my case, I came to the conclusion that I wasn't creative because I can't draw and my family was filled with fine artists. Now I know I'm very creative! I think we all have an innate need to be creative because we are made in the image the Creator!

Movement is (Good) Medicine!!!!!!!

Finding endeavors that incorporate many angles ex.

Habitat for Humanity,

Doing my blog: Pickett's Pearls (pickettspearls.net) incorporated about 8 of these angles.

EMDR (Eye Movement Desensitization & Reprocessing)

About 30 years ago a woman named Frances Shapiro was distressed about something and walking in a park and she realized that her eyes were moving back and forth

Attacking Depression and Anxiety from ALL angles - Dottie Pickett, LMFT

Talk Therapy

Medicine

Medical check up/ blood tests

Relationship with God - *The God Conversation* by J.P. Moreland and Tim Muehlhoff, *More Than a Carpenter* by Josh and Sean MacDowell, *Immerse: The Reading Bible (Messiah)* by Tyndale, *Imaginative Prayer* by Larry Warner and Jeannie Oestreichner

Prayer/ Addressing Spiritual Warfare - Warfare prayer, *Upper Dogs* by Sarah Theissen

Managing Your Thoughts - Balancing Your Thoughts worksheet, Mindspace app.

***Meaning and purpose/ Helping others** - *The Healing Power of Doing Good*, Luks & Payne

***Setting and Reaching goals**

***Learning Something New**

***Social Connection**

***Structure**

Music - Dan Allender- How Music Heals Trauma in the Brain, Your Brain on Music (TED talk by Alan Harvey), Music Therapy for PTSD

Light - Feel Bright Light Visor

Nutrition

Hormone Therapy: Urine Testing vs Blood Tests Bodylogic MD, Susan Samueli Integrative Health Institute

MTHFR - Genetic defect that impedes detoxification, Dr. Ben Lynch - Seeking Health

TMS - Transcranial Magnetic Stimulation

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Exercise: *Depression Bootcamp/ Freedom from Anxiety and Depression* by Mike Marino, *Healthy Brain, Healthy Life* by Wendy Suzuki and The brain-changing benefits of exercise (TED talk by Wendy Suzuki)

Walking The Walking Therapist, Lara Just, Hampstead Heath England

* **Life giving hobbies that are unique to you**

* **Doing productive things with your hands** -Effort Driven Rewards *Lifting Depression* by Dr. Kelly Lambert, Mike Mahler podcast with Dr. Kelly Lambert- episode 17

***Creativity** -Brené Brown books

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Come to Jesus

(Adapted from Imaginative Prayer for Youth Ministry, Scripture References: Mark 10: 13-16, Luke 18:15-17)

Get in a comfortable position, begin to take slow, deep breaths, and try to relax your entire body.

It's late afternoon. You're a young child standing off to the side of a large group of grown-ups. It's hot and dusty; the sun is beating down on your face. You've been there for hours. There are no other children nearby, and you feel alone.

there's an ache inside you, a need to be seen and held and loved. It's been there a long time, it's the real reason you can't seem to leave. that lonely pain deep inside you lessens as you watch the man in the middle of the crowd. You can't stop looking at Him and listening to His voice. It's deep and gentle, and his eyes are kind. Jesus is his name.

You wish you could be near him, but the crowd is big and you're awfully little. Maybe you can squeeze through the people and get closer to Jesus. What a crazy idea! There are so many people here, and they all want Jesus' attention. He's busy with important things, and giving you a hug doesn't feel very important - except to you.

The day is almost over and you need to make a decision. Maybe you should just go home or you can try to move toward Jesus. What happens next? How does Jesus respond to your choice? Notice His expression. What does He say? What does He do? (Take some time.)

Spiritual Warfare Prayer

In the name of the Lord Jesus Christ of Nazareth that came in the flesh, we gather up all spiritual warfare that has any rights to... any lieshas believed about himself/herself or you, any strongholds such as the stronghold ofand any unconscious or conscious vows that he/she has made and we place all that under your feet Lord Jesus to be judged there in your courts.

And because you Jesus possess all power and authority in Heaven and on earth, we believe you can heal ...and free him/her from all and we see in the Spiritcompletely restored in his/her relationship with you, others and himself/herself. Thank you Lord for what you are going to do in his/ her heart, mind and body. In Jesus most Holy and Precious Name. Amen!

RESOURCES

Our Relationship with God:

The God Conversation by J.P. Moreland and Tim Muehlhoff,
More Than a Carpenter by Josh and Sean MacDowell,
Immerse: The Reading Bible (Messiah) by Tyndale,
Imaginative Prayer by Larry Warner and Jeannie Oestreichner

Prayer/ Spiritual Warfare:

Bondage Breaker by Neil Anderson
Upper Dogs by Sarah Theissen

Managing Your Thoughts:

Mindspace App.
David Burns, feelinggood.com new T.E.A.M. therapy.
Thought worksheet adapted from one of David Burn's books and from a workbook called Mind over Mood by Padesky and Greenberger

Meaning and purpose/ Helping others

The Healing Power of Doing Good, Luks & Payne

Music:

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