

DEPRESSIE101

UITGAWE 22 | 22 JANUARIE 2018



SIEN JY KANS VIR 2018?

'n Gemiddelde poging is
goed genoeg

TALK ABOUT DEPRESSION?

Too dangerous?
Or can you save a life?

JY EN JOU HOND

Wenkombinasie teen
stres en depressie

Desember 2017

NetNuus ROLEN GESELS SAAM



2 matrikulante in Mpumalanga, in Schoemansdal en Waterval-Boven, het Vrydag selfmoord gepleeg kort nadat hulle hul matriekuitslae per SMS ontvang het. Die 1 het geslaag maar was nie tevrede met die uitslae nie, terwyl die ander gedruip het. – EWN

10 Kommentaar •   111

LEUKEMIA VS DEPRESSION



A boy with **leukemia** has to miss several weeks of school.

A boy with **depression** has to miss several weeks of school.

Are you more sympathetic to one than the other? Does one have a real disease, the other, something else – something which, though not quite hysteria, is not quite life-threatening either?

Does it matter that both conditions are disorders, both thought to be caused by something gone haywire on a genetic or biochemical level - leukemia when blood cells acquire mutations; depression when neurotransmitters are out of balance - as well as environmental factors? Does it matter that both are quite treatable and both are potentially lethal? The overwhelming majority of people who die due to suicide (90%+) have a mental disorder at the time of their deaths, the most common being depression. Does it matter?

**Yes
it does!**

We need to talk about the illness.

Only then depression can be destigmatised. Only then the illness can be diagnosed early enough to prevent another suicide or an attempted suicide.

GEMIDDELDE

POGING GOED GENOEG IN 2018



"Seriaas?"

Depressievegters kan ook opgewonde wees oor 2018 wat aangebreek het en saam daarmee die talle geleenthede aangryp wat dit inhou.

Fokus op dit wat jy graag in 2018 wil verbeter. Dalk minder eet en meer oefen? 'n Gesonder leefstyl alleen gaan nie help nie. Die geestelike, fisiese, spirituele, finansiële en sosiale aspekte van jou gesondheid moet aandag kry. Probeer om op elke gebied iets te doen om dit te verbeter. Wanneer jy gesonder eet, oefen, mediteer/bid, jou geldsake beplan het en tyd saam met jou vriende deurbring, behoort jy jou depressie beter te kan bestuur.

Waarop fokus jy vanjaar? Wat is jou plan van aksie? Is jy nou reeds bang jy sal nie hiermee kan volhou nie?

Niemand hou daarvan om te misluk nie. Vir die depressievegter is dit nóg belangriker om op koers te bly.

STEL JOU VISIER OP 'N GEMIDDELDE POGING

Omdat jy depressief is? Nee. Skep aan die begin van 2018 realistiese verwagtinge vir jouself: kies 'n oefening wat jy ten minste 3 keer per week kan doen. Oefen elke week 'n bietjie langer of stap vinniger en verder in dieselfde tyd. As jy besluit om te begin stap, moenie op dag 1 al 10km ver probeer stap nie. Jy is nog nie fiks genoeg nie, jy maak dit nie en jy sien jouself as 'n mislukking. Moenie probeer om *superman* te wees nie.

BELOON JOUSELF

Besluit vooraf wat jou sal motiveer om te begin oefen of reg te eet: Indien jy jou oefendoelwit behaal, mag jy jouself bederf met 'n *guilty pleasure*, soos 'n Lindt sjokolade. Ongelukkig is daar ook 'n "maar": indien jy nie jou oefendoelwit behaal nie, moet jy jouself motiveer om harder te werk met iets waarvan jy nie hou nie. Wat van onkruid in die tuin uittrek?

JY MAG MAAR MISLUK

Maar dan moet jy so gou moontlik weer opstaan: Ek het een dag se oefening gemis. Om nog 'n oefening te mis, sal dus nie saak maak nie. Dit is die begin van 'n nuwe gewoonte. Jy sal kort voor lank enige rede soek om nie te oefen nie. Wanneer so iets gebeur, erken jy het 'n fout begaan, vergewe jouself en volg weer jou oefenprogram.

*Dag vir dag. Tree vir tree. Net soos **Wayde van Niekerk**. Hy het nie met sy eerste wedloop die wêreldrekord gebreek nie.*

constant **CHANGES** seem to pop up just when you **THOUGHT** life was going so well

12
mindfulness
minutes a day



can have major benefits:
reducing negative self-talk
increasing compassion
decreasing anxiety

ADDITIONAL e x e r c i s e s

HANDS TO HEART

Lay both hands flat in the center of your chest. Take a deep breath and say out loud, "I am safe. I am calm. All is well." This exercise done regularly relaxes your body and helps reduce anxiety.

3 CONSCIOUS BREATHS

Stop what you are doing and plant your feet solid on the ground. Think about what you want to do next. Breathe in for three counts, hold for three counts and release for three counts. By doing this you regain your focus and provide mental clarity.

Mindfulness

is being with what is happening **RIGHT NOW** and tuning into how you **feel about that experience**. It's connecting with the good, the bad, the ugly. It's paying attention to the feelings in your body and tuning into your senses without judging yourself. When you focus on your senses you are in the present moment.

Try it out!

Right now you are reading this article, so this is your present moment. How do you feel about what you have just read?

1. Name the **emotion**.
2. Pay attention to your **senses** and notice what feeling(s) arise in your body.
3. Observe your **feelings** with no judgement.

That's it! You've done a mindfulness practice. Repeat doing this throughout the day.



HONDE

MAAK DEPRESSIE MAKLIKER HANTEERBAAR

IN THE MOMENT

Honde maak dit baie makliker vir mense wat nie kans sien om alleen die wêreld aan te durf nie. Angstigheid maak plek vir (meer) selfvertroue. Gister of môre is nie vir honde belangrik nie. Dit wat nou gebeur, is al wat saak maak. Honde help 'n mens om bewus te raak van dit wat in daardie oomblik om jou gebeur en dit te geniet.

ONVOORWAARDELIKE LIEFDE EN AANVAARDING

Honde beskinder, oordeel of praat nooit lelik van 'n mens nie. Gryp jou hond om die nek en praat jou hart uit wanneer alles net te veel word. Honde vra nie vrae nie. Hulle aanvaar jou net soos jy is.

MAL OOR DRUKKIES

Honde verlaag 'n mens se stres-, angsvlakke en depressie. Die serotonien- en dopamienvlakke (wat ons o.a. help om te kalmeer) word verhoog wanneer jy met 'n hond speel en hom 'n stywe druk gee.



BUDDY

TO THE RESCUE

BY KATHRYN ODA

!! I first began experiencing anxiety and depression at the age of 14 after being bullied at school for years.

I tried everything. Anti-depressants, special teas, yoga, vitamins and anything I read about in books and advice given by doctors. I bought a membership to the gym because of how beneficial exercise is for mental health. But every day, I would drag my feet to the gym, hating every moment of it from beginning to end.

I fell upon an article that talked about how dogs were able to help people with their mental health, like anxiety and depression. I had always loved dogs; my family had many growing up and they had always been wonderful companions. I decided I was going to get a dog. I didn't realise at the time how much he would truly change my life. But it didn't happen right away.

Once the new puppy excitement went away, the anxiety and depression crept back as it always had. I woke up one morning and felt those familiar feelings again ... the weight on my shoulders, the nausea in my stomach, the feelings of hopelessness and worry. I didn't want to get out of bed. But then I came face to face with Buddy.

Buddy started jumping all over me, kissing my face, letting me know that it was time to go outside. For the first time in my life, on a day when my anxiety and depression were present full force, I got out of bed. I went for a walk in the snow with my new best friend. I really was a new person. This was my new beginning, my missing puzzle piece.

It has been over a year and a half since that day and I have never spent another day unable to get out of bed. I have not cried myself to sleep or spent my days paralysed by fear and regret. Sure, I still have days when I feel sad or anxious, but with Buddy by my side, I have finally learned how to manage these feelings and emotions.

Getting a dog was the missing piece in my puzzle in helping me learn to manage my anxiety and depression. It could be the piece that changes your life. But no matter what your missing piece may be, whether you know what it is or not, never lose hope that things will get better.

#puppet



'N TEATERPRODUKSIE OOR
DEPRESSIE

aangepas vir

skole | volwassenes | besighede

BESPREEK JOU VERTONING

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