

Depression, Loss, Resilience

A one hour interactive session



Newport &
Wildman



1 in 5

This was the number of Australians who admitted to a having a mental health problem – In the year prior to the ABS Health Survey in 2008

Source: Australian Bureau of Statistics

SNS

Sympathetic Nervous System

This is both our starter motor
and our accelerator



Drugs which have an impact on our SNS are commonly called
Stimulants or Uppers

Ecstasy, Ice, Ritalin, Dexedrine, Coffee are all stimulants

PNS

Parasympathetic Nervous System

This is both our brake
and our decelerator

Drugs which have an impact
on our PNS are commonly called sedatives or downers

Diazepam, GHB and Valium are all sedatives

Alcohol is initially a stimulant - then it acts as a sedative



Anti-Depressants

Anti-depressants vary greatly in complexity and effect and this is part of the problem in determining their usefulness.



Conventional treatment still recognises the need to give people medication when they are feeling overwhelmed and their lives are dysfunctional

Watch This Space

CBT

Cognitive Behavioural Therapy

CBT focuses on thoughts, behaviours and feelings.

If I **think** you don't like me
I may not **speak** with you
I may then **feel** isolated and unrecognised



PMC

Problem Maintenance Circles

If I **think** you don't like me
I may not **speak** with you
I may **feel** isolated and unrecognised

Supposing I am shy. A CBT practitioner might work on the **behavioural** aspect. Encouraging me to speak assertively, this might encourage me **to feel** more confident and less isolated, this in turn might encourage me **to think** less about how you feel about me.



Stages of Grief

Denial

Anger

Bargaining

Depression

Acceptance



Elizabeth Kubler-Ross

Paradox

We are **Resilient** and we are **Vulnerable**

We are born resilient. It's a tough job learning to crawl, walk and speak in such a short timeframe.

We are born vulnerable – left to fend for ourselves we would not survive beyond our first 24 hours

Sometimes the best path to resilience is to first of all acknowledge our vulnerability.

