

Depression

... *“Depression is the ultimate state of disconnection, not only between people, & between mind & heart, but between one’s self-image & public mask.” Parker Palmer*

Are you feeling sad, empty, hopeless? Have you lost interest in the things that used to give you pleasure? Does fatigue dog your every step? These are all common symptoms of depression, and it affects one out of 15 of us each year. Depression can range from a low-grade fever of sadness to a full blown, violent seizure of suicidal thoughts. It can also masquerade as frequent irritability and anger.

Being depressed is our soul’s signal that something is wrong, that some part of our being needs care and attention. Our resources have been depleted and we need help— outside help. I understand how debilitating it is to feel depressed. And I love working with people to help them untangle the causes of this persistent mood, interpret its message, and return to a better state of well-being. Don’t wait! Give me a call or text today and begin the healing process.