



# Helping Mommy Defeat Depression

A kids best practice guide

By GR Davies



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# Introduction

This guide was inspired by basic wrestling techniques as the children's play tool and support to their mother's challenge with depression.

Wrestling is a combat sport involving grappling-type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds.

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One day as Lizzy and her two brothers, David and Caleb were playing around in the living room, Lizzy noticed her mom had a frowny face while sitting alone at the dining table; she looked sad!

“Mommy! Mommy! What’s wrong?”  
Lizzy asked, rising from the floor.

“I am fine honey! Go and play with your brothers,” she said dolefully, wrapping her hands around her head.

“But u look sad, Mommy.”



“I was winning the wrestling match but stopped when I noticed your gloomy face,” said Lizzy.

“You will win next time,” said Mommy attempting to smile.

“Mommy, what is making you sad?” a worried Lizzy asked.

“Sweetheart, Mommy is wrestling with “adult stuff” (depression), like your brothers over there but, in this case, only adults can see through it and find a solution.” She continued, trying to force a convincing smile.

“Thank you for caring Lizzy, Mommy can handle it,” she said, placing her loving hand on Lizzy’s shoulder.





“Okay Mommy! Don’t worry Just watch my moves mommy and it will help you defeat this bad “adult stuff!” Said Lizzy running over and pouncing on top of David and Caleb as they tussled on the floor.

“Look mommy, David and Caleb will be your “adult stuff” and I will be you.

Watch me defeat them Mommy! Are you watching Mommy?” Said Lizzy getting in position.

“Yes Lizzy, I am watching,” replied Mommy.

“Okay mommy, what stuff is Caleb?” Asked Lizzy.

“Money stuff,” answered Mommy.

“And what about David?” Asked Lizzy..

“Weight of the world,” said Mommy.

“Wow! That sounds heavy but I believe in my skills, I shall be victorious!” said Lizzy, while money and the weight of the world crashed down on her back.

“Argh! Aargh! Aaargh!” sounded Lizzy trying to topple her brothers.

“Be careful Lizzy! Adult stuff seem more stronger than you, they can almost suffocate you! And cause pain!” Warned Mommy.

“Yes Mommy, it is painful, but I believe in myself and that I can defeat them so that I can help you go through that which is bothering you,” grunted Lizzy.



“What are you going to do Lizzy?” Asked Mommy.

“I have to relax and not fight,” Lizzy struggled to say.

“Now what?” Asked Mommy with concern.

“The world is bigger and has less grip, I will do this!” said Lizzy vigorously twisting and shaking with money’s help struggling to hold her down, the weight of the world loosened its grip.

“Whoa, whoa, whoa!” Shouted The weight of the world as it tumbled to the floor.

Slump!

“Very good Lizzy!” Yelled Mommy as she stood to her feet smiling.

“Okay, what about money? Its grip looks tight,” said Mommy.

“You are right Mommy. What will I do?” Said Lizzy keeping still.



“Now I gotcha! You are defeated! What’s the matter little girl, you need your mommy!” Money teased Lizzy while pressing down harder on her body and laughing.

Lizzy slowly positioned her hands, pulling them close to my shoulders, flipped over and quickly wrapped her arms and legs around money subduing it.

“Aha! You are defeated!” Lizzy shouted triumphally.



“That was an awesome move Lizzy!” Shrieked Mommy clapping and jumping for joy.

“Ding, ding, ding! And the winner is Lizzy as Mommy!” Announced the weight of the world holding up my arm.

“See Mommy, if I can fight and overcome your “adult stuff” so can you!

“Yes Lizzy, I now see, I can,” said a smiling Mommy.

# What is depression?

## Kids understanding

- David and Caleb lying on Lizzy's back.
- The weight of Caleb and David caused Lizzy pressure and then pain restricting her flow of breath and movement

## Adult understanding

- Adult stuff "worrying" causing pressure to weigh down on Moms life force
- Worrying (from within) creates pain and pain restricts movement and flow of energy

# Causes of depression result when we recognize there is a problem

*There are two flaws:*

## Interpretation of the problem

- Mom saw no way to solve her problem
- Lizzy saw the weight of David and Caleb led to her movement and breathing restrictions

## Belief that we can't do anything about the problem

- Mom believed another person could intervene on her behalf
- Lizzy believed in herself and strength to overtake David and Caleb's weight.

# Best practice

## Acknowledge the problem

- Lizzy recognized David and Caleb as individual pressures with their own weaknesses
- Mom grouped “adult stuff” together without identifying their separate impact

## Positive thinking

- Lizzy felt the weight of David and Caleb individually which led to her giving silent thought to plan her response.
- Mom changed her response (hopelessness) when she visually saw Lizzy shake David to the floor.

## Connect with inner self

Find a process to deal with emotions and feelings.

When Lizzy felt the weight of David and Caleb, she became silent connecting with her inner self to find strength and strategy to overtake the weight of Caleb and David which caused her pain.

# Give attention to feelings

## Emotional reaction

- If you lack consideration of your feelings it leads to an inner rebellion and a forced shut down of your person.

## Get your attention

- Mom was sad while sitting alone at the table and Lizzy paid attention to her emotion and immediately set out to cut it out of her mind.
- Engage your feelings in order to change them.

Keep moving,  
think and  
subdue  
depression  
on a daily  
basis

Lizzy remained depressed by Caleb yet continued the move, think and finally subdued him when he loss control and Lizzy unhinged his hold and defeated him.

# Get family involved for support

Lizzy, David and Caleb joined together to support their mom in effort to show her that she has the power inside to change her view and actions about managing depression.



Useful  
information

Call

866-235-4572

Parental depression is a pervasive problem. An estimated 15 million children (about one in five) in the United States live with a parent who has severe depression. And a large and growing body of research shows that parental depression is a major risk factor for difficulties in a child's life, says Megan Smith, PhD, co-director of the Parenting Center at the Yale Medicine Child Study Center and director of the New Haven Mental Health Outreach for Mothers (MOMS) Partnership.

The End

