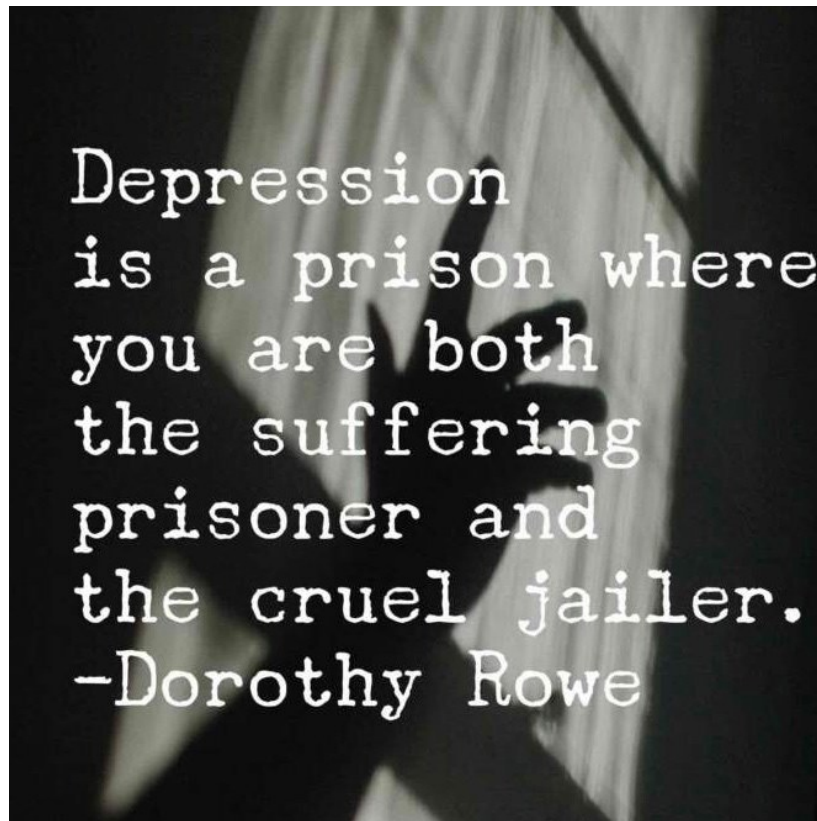ACCESSIBLE THERAPY FOR ALL.
SPECIALISE IN

- DISABILITY
- TRAUMA
- PRE-TRIAL THERAPY

OFFERING ONLINE THERAPY

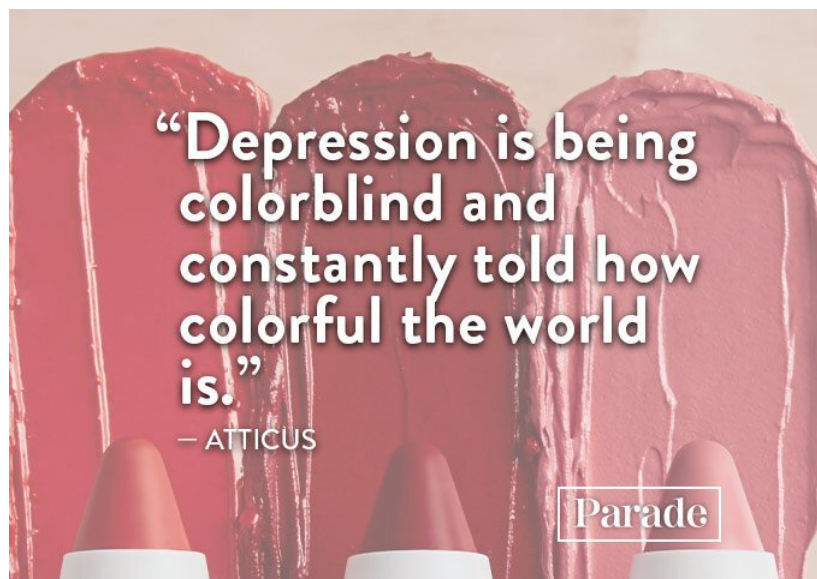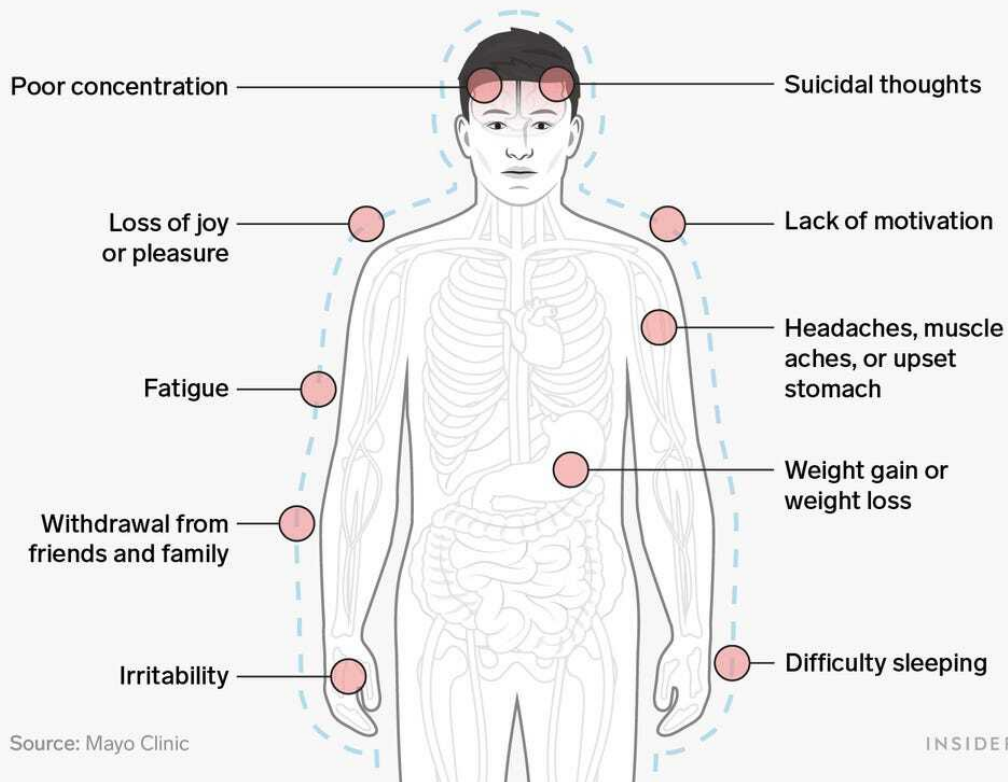## LIZ WHITELEY COUNSELLING & PSYCHOTHERAPY

June Newsletter!

Depression, unlike grief and occasional sadness, can affect all of our daily lives, whilst severe depression can make you feel suicidal and unable to function normally. It is thought that between 3 and 7 people out of every 100 will experience depression every year. But often because of the confusion regarding what is classed as depression, people delay seeking help. Whilst it is true that some people can have an episode of depression once and recover, other people can also have many episodes of depression throughout their life. And it is researched that further episodes can be more easily triggered if you have had depression before.

So no matter what, if you are struggling with your emotions and are feeling unable to cope, it's at this point, help should be sought. Whatever the issue is or however trivial, you perceive the problem. If it is affecting your life, then you are worthy of support. Speaking to someone can help you understand what you need and help you organise your thoughts and feelings.

How Depression Can Effect The Body

Symptoms of depression

Poor concentration

Suicidal thoughts

Loss of joy or pleasure

Lack of motivation

Headaches, muscle aches, or upset stomach

Fatigue

Weight gain or weight loss

Withdrawal from friends and family

Irritability

Difficulty sleeping

Source: Mayo Clinic

INSIDER

"Depression is being colorblind and constantly told how colorful the world is."
— ATTICUS

Parade

Depression or 'Freeze' Response?

Depression can also be misinterpreted from a hypo arousal response, a trauma response known as the 'Freeze' response. This happens when triggered by something that has brought you out of your 'window of tolerance'. When this happens, the effect on the body is similar to depression but with some added

differences.

**Depression or
Hypo-arousal 'Freeze' response?**

Depression

- Loss of motivation
- Social isolation
- Sleep Disturbance
- Lack of concentration
- Overwhelming sadness
- Helplessness

Hypo-arousal

- Lack of motivation
- Zoning out
- Feeling numb
- Losing gaps of time
- Social isolation
- Hard to concentrate

LW
Liz Whiteley
Counselling & Psychotherapy

www.lizwhiteleycounselling.com

Recommended Listening

To find out more about different approaches to working with Depression, I can recommend the following podcast

Approaches to addressing and treating depression Podcast

Kind regards,
Your Team at Company Name

Like Tweet +1 in