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Patient uk depression self help guide

Depression Self Help

7 Quick Techniques To Stop Depression Today

... Heather Rose



THE BIG HEALTH DEBATE

Helping you to help yourself

The NHS is under pressure from increasing demand, but you can help ease that pressure. Here are a few tips how...

- Please don't ask for over the counter medicines on prescription for a minor illness
- Don't just miss your GP appointment – tell them you're not coming, preferably at least 24 hours in advance
- Don't just tick the box for repeat prescriptions - only order what you need
- A&E is for emergencies only - if it's not an emergency, please try your local Pharmacy, GP, Urgent Care Centre or call 111 for advice and out-of-hours GPs

Take care of yourself and your NHS will take care of you

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BMJ Open: Online survey investigating the impact of intellectual disability and symptoms of depression on the experience of a self-help randomised controlled trial

Background: People with intellectual disability (ID) experience higher rates of depression than the general population. However, there is limited evidence on the experience of self-help interventions for people with ID. This study aimed to investigate the impact of ID and symptoms of depression on the experience of a self-help randomised controlled trial.


Methods: A cross-sectional survey was conducted with 100 participants with ID and symptoms of depression. The survey explored the impact of ID and symptoms of depression on the experience of a self-help randomised controlled trial.

Results: The results of the survey showed that people with ID and symptoms of depression experienced a range of difficulties when using self-help interventions. These difficulties included difficulties with understanding the information, difficulties with completing the questionnaire, and difficulties with accessing the self-help materials.

Conclusions: The results of this study suggest that self-help interventions may not be suitable for people with ID and symptoms of depression. Further research is needed to develop self-help interventions that are suitable for people with ID and symptoms of depression.

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GET KNOWLEDGE, GET POWER, GET WELL

ALUMINA

FREE ONLINE SELF-HARM SUPPORT FOR YOUNG PEOPLE

What is Alumina?

Alumina is a free, online 6 week course for young people struggling with self-harm.

If you decide to give it a go, you'll get emailed a link each week for an evening session (they usually run on different weekday evenings) and it will bring you into a kind of chat room. You'll be able to see and hear the session leaders, but they won't be able to see or hear you – you'll interact by typing in the chat box.

The groups are made up of 2-6 young people at a time, with two session leaders, at least one of whom is a trained counsellor. They last somewhere between 45 minutes and an hour, but you can leave whenever you need to.

You can say as much or as little as you feel comfortable with; there is never any pressure to tell anyone about your mental health journey and never, ever, any judgement – we are here to offer a listening ear, support and a variety of practical ideas that you might find helpful in dealing with your emotions and caring for yourself.

Prof Swaran Singh

There is much you can do yourself, once you have been pointed in the right direction. You may feel you are worthless, lazy or unattractive. Imagine that you were trying to cheer up a friend who had these thoughts. This in turn can cause lack of self-esteem and make you feel even more depressed. If someone spoke sharply to you at work, you may think: 'All my colleagues hate me.' Or if you run out of milk, you may think: 'I'm a total disaster and useless at organising my life.' Focusing on the negatives

This means over-exaggerating setbacks whilst ignoring all the good things in your life. You may fear that revealing that you have depression is a sign of weakness. Understanding how depression affects your thinking can help you break this vicious cycle.

Make a list of any thoughts that have fallen into any of the categories below in the last couple of weeks:

Gloomy thoughts

When you are depressed, your image of yourself may suffer. Give it time; the enjoyment will come back. You may be convinced that things are not going to go well at an interview and think: 'I know they won't offer me the job, so I won't bother going.' Don't beat yourself up if any of the thinking patterns above look familiar to you. At the end of the day, look back and see what you have achieved and what you have enjoyed. Being open and honest with your family and friends will help them understand and they can be a good source of support for you.

If you are depressed, your natural reaction may be to withdraw from the world. This may be aggravated by unkind remarks from acquaintances that you should 'pull your socks up'. Trying to suppress your depression is never a good idea and will only make you worse. Don't be surprised if you don't enjoy some of the activities you list to start with. Activities which bring you into contact with friends, family or pets are useful.

Exercise has been found to be particularly beneficial. These criticisms are often imagined and have no basis in reality. Or if you haven't heard from a friend for a few days, you assume you've said something to upset them.

Over-generalising

This means drawing wide conclusions from one small detail. Make a daily plan of the things you need to do. For example, if a co-worker is off-hand with you, you immediately wonder what you have done wrong. You may then feel guilty and start to get angry with yourself. Getting out from under that duvet and engaging with life may be very hard to start with, but it is the first step on your road to recovery.

Make a list of activities you enjoy. Engage with people. Participate in activities. Do some exercise. You will need to get motivated; otherwise you may spend the entire day staring out of the window. You can see which activities you most enjoy and how you are progressing over time. You may list activities which you think are going to make you feel better but actually make you feel worse. (Be creative, write the silliest or most impractical solutions first.)

Break your solution down into steps and tick them off as you achieve each step.

Depression can make you lack motivation and feel physically unwell. Reduce the amount of time you spend on them and increase those that have brought you pleasure or a sense of achievement, to compensate.

Problems that you used to solve in your stride may seem insurmountable when you are depressed. Or you may criticise yourself for not achieving everything on your list of tasks but ignore all the things you did manage to do.

Taking the blame unnecessarily

This means blaming yourself for no good reason. By keeping a daily diary you should be able to identify these unhelpful activities. This is the worst thing you could do. You need to increase your activity, not reduce it. You will now be in a position to stop them from affecting your mood.

Whatever it is that has upset you, sort it out into three parts: What happened? What did I think? What did I feel?

For example: Your best friend ignored you all evening and chatted to someone else. You thought: 'She finds the other person better company than me.' You felt unwanted and inferior.

Various techniques can be used to break the cycle.

Balancing

This means cancelling out the negative thought with a positive thought.

Using the above example: 'She finds the other person better company than me.' This could be balanced with: 'She bought me a great present for my birthday.' It may be worth keeping a diary of events, with columns for feelings, negative thoughts and balancing thoughts.

It's known that people who are depressed are not very good at recording details so keeping a diary will help. You immediately think: 'I must have upset her last time we spoke.' In reality, she may just be late for an appointment. Rate your enjoyment from 1 to 10. Writing things down may help.

This is a technique which has become increasingly popular as a way of getting 'in tune' with your thoughts and bodily feelings. You may feel more sensitive about what other people think of you and imagine that you have become less popular among your friends.

Catastrophising

This means jumping to the worst conclusion. This leaflet shows you how to understand your symptoms, that depression is an illness and that it is very common. In a nutshell it involves focusing on what is happening in the present and not being distracted by the past or the future.

One exercise involves concentrating on your breathing whilst observing in an objective way whatever else is happening to your mind and body. It may be easier to avoid activities than to tackle them. This is sometimes referred to as guided self-help. For example, you may think you are lazy, not well liked or not particularly bright. Studies have shown that regular exercise can be as good as medication in the treatment of depression.

Tick off each activity once it is done. Celebrate the fact that you are beginning to recognise them in yourself. If you do become distracted, recognise that this has happened but just bring your focus back on to your breathing.

The more you practise this technique, the easier it will be to deal with the negative thoughts that come into your mind during a bout of depression.

You can find out more about mindfulness from our leaflet. If a family member is late, you immediately picture them being rushed to hospital in an ambulance. If thoughts come into your mind, acknowledge them but bring your attention back to your breathing. Just think of it as therapy in the first instance. Drinking alcohol, watching TV all day or staying in bed are typical examples. For example, you may focus on a negative comment someone has made at work whilst taking no notice of the praise other colleagues have given you. You may notice physical feelings, emotions and sounds: notice them but let them drift away, and come back to your breathing. There's a lot of advice out there - on the internet, in a leaflet such as this, in magazines and books and from professionals such as GPs, practice nurses and counsellors.

Don't try to 'soldier on' with your depression. Look for evidence that supports the opposite view. It can be used to help manage anxiety. You may try to hide your feelings in the hope that your depression will go away. Diaries are useful not only to help with the balancing technique but also to record positive experiences such as praise from a colleague or a compliment from a partner.

Challenge long-held views

You may be your own worst critic and you may have developed long-held negative opinions about yourself. Add in a few 'treat' activities that you normally enjoy (and maybe don't usually have enough time for).

Keep it simple and choose activities that don't need a lot of organising, such as a walk in the park or listening to music. It may be that the other person has just had a bad day or is preoccupied. Guessing another's thoughts or predicting the future

A neighbour who normally stops in the street for a chat passes by with just a wave. Fear not - help is at hand.

Write the problem down, including as much detail as possible.

Write down possible solutions using the following approach: Did you solve a similar problem in the past and if so how did you tackle it? What would a friend do? What are the possible solutions?

Self harm is intentional behavior that is considered harmful to oneself. This is most commonly regarded as direct injury of one's own skin tissues usually without a suicidal intention. Other terms such as cutting, self-injury and self-mutilation have been used for any self-harming behavior regardless of suicidal intent. The most common form of self harm is using a sharp object to - CAMHS can help young people who are struggling with serious mental health problems such as depression, anxiety, self-harm, panic attacks or eating problems. Referral is usually done through your child's GP and unfortunately it can take up to several weeks for an initial assessment. Aug 19, 2021 · Developing a joint story with the patient (emphasises equality of relationship with the patient). Shifting the balance of power to the patient. Using genograms and constructing a family tree to help understand the context of a patient's problems. 2002; Lewis Walker, a GP in Buckie, Scotland, published 'Consulting with NLP'. Neuro-linguistic ... We know that there is a connection - self-harm and suicide are much more common in people with alcohol problems 12 13. It seems that it can work in two ways: you regularly drink too much including (including 'binge drinking') which makes you feel depressed OR; you drink to relieve anxiety or depression. Either way: Our self help guides are available to download in several formats. Information available on Abuse, Alcohol, Anxiety, Bereavement, Controlling Anger, Depression, Domestic Violence, Eating Disorders, Hearing Voices, Obsessions and Compulsions, Panic, Post Traumatic Stress, Postnatal Depression, Self Harm, Shyness, Social Anxiety, Sleeping Problems and Stress.

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