

A background image featuring a dynamic splash of water in shades of blue and white. The water is captured in mid-air, with droplets and streams creating a sense of movement and freshness. The splash is centered and extends towards the edges of the frame.

# HEALING WATERS COUNSELING

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# HEALING COMMUNITIES

**SHEPARDING THE  
WOUNDED**



# Agenda



**\*SIGNS/SYMPTOMS OF DEPRESSION**

**\*WARNING SIGNS OF SUICIDE**

**\*COPING STRATEGIES**

**\*HEALTHY LIVING & SELF CARE**

**\*\*\* BREAK \*\*\***

**\*HEALING HANDS MINISTRY**

**\*HEALING COMMUNITIES WORKSHOP**



# ARE YOU DEPRESSED?

- ✓ you feel hopeless and helpless
- ✓ you've lost interest in friends, activities, and things you used to enjoy
- ✓ you feel tired all the time
- ✓ your sleep and appetite has changed
- ✓ you can't concentrate or find that previously easy tasks are now difficult
- ✓ you can't control your negative thoughts, no matter how much you try
- ✓ you are much more irritable, short-tempered, or aggressive than usual
- ✓ you're consuming more alcohol than normal or engaging in other reckless behavior

# SIGNS AND SYMPTOMS OF DEPRESSION

LOSS OF ENERGY

SELF LOATHING

RECKLESS  
BEHAVIOR

CONCENTRATION  
PROBLEMS

PHYSICAL PAIN

# SIGNS AND SYMPTOMS OF DEPRESSION

Helplessness  
and  
hopelessness

Loss of  
interest

Appetite or  
weight  
changes

Sleep  
changes

Anger or  
irritability

# WARNING SIGNS OF SUICIDE



- ✓ Expressing strong feelings of hopelessness or being trapped
- ✓ An unusual preoccupation with death or dying
- ✓ Acting recklessly, as if they have a death wish (e.g. speeding through red lights)
- ✓ Calling or visiting people to say goodbye
- ✓ Getting affairs in order (giving away prized possessions, tying up loose ends)
- ✓ Talking about killing or harming one's self
- ✓ Saying things like "Everyone would be better off without me" or "I want out"
- ✓ A sudden switch from being extremely depressed to acting calm and happy

# CAUSES AND RISK FACTORS OF SUICIDE

LONELINESS AND LACK OF SOCIAL SUPPORT

STRESS & RELATIONSHIP ISSUES

FAMILY HISTORY

ALCOHOL OR DRUGS

CHILDHOOD TRAUMA & ABUSE

HEALTH PROBLEMS





# DEPRESSION & SUICIDE RISK

Depression is a major risk factor for suicide. The deep despair and hopelessness that goes along with depression can make suicide feel like the only way to escape the pain. If you have a loved one with depression, take any suicidal talk or behavior seriously and learn to recognize the warning signs.

- **[Suicide Help:](#)** Call 1-800-273-TALK --- Call 211 --- **[Suicide.org](#)** --- Text "CTL" to 741741

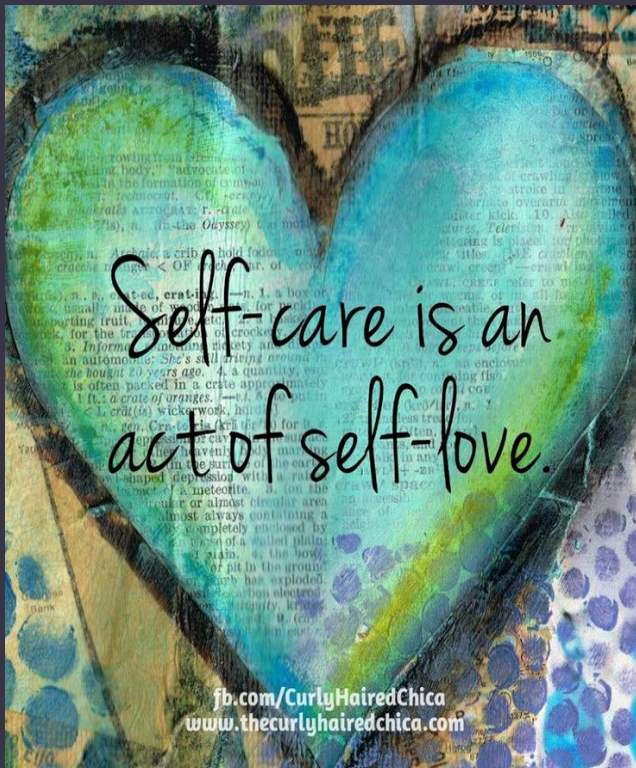
# Make healthy lifestyle changes



Lifestyle changes are not always easy to make, but they can have a big impact on depression. Lifestyle changes that can be very effective include:

- Cultivating supportive relationships
- Getting regular exercise and sleep
- Eating healthfully to naturally boost mood
- Managing stress
- Practicing relaxation techniques
- Challenging negative thought patterns

# Self care



Rest when you're tired. Take a drink of cold water when you're thirsty. Call a friend when you're lonely. Ask God to help when you feel overwhelmed. Many of us have learned how to deprive and neglect ourselves. Many of us have learned to push ourselves hard, when the problem is that we're already pushed too hard. Many of us are afraid the work won't get done if we rest when we're tired. The work will get done; it will be done better than work that emerges from tiredness of soul and spirit. Nurtured, nourished people, who love themselves and care for themselves, are the delight of the universe. They are well-timed, efficient, and Divinely led.

Today, I will practice loving self-care.

# PERSONAL COPING STRATEGIES

INCREASE SOCIAL NETWORK

SEEK COUNSELING TO DEAL WITH STRESSORS

PHYSICAL EXAMINATION TO RULE OUT ORGANIC PROBLEMS

AVOID ALCOHOL OR DRUGS

LEARN RELAXATION AND MINDFULNESS TECHNIQUES

INCREASE SPIRITUAL CONNECTION WITH THE LORD THRU PRAYER

# COPING STRATEGIES & SKILL DEVELOPMENT

LEARN COMMUNICATION AND CONFLICT RESOLUTION SKILLS

LEARN TIME-MANAGEMENT AND DECISION MAKING SKILLS

DEVELOP ASSERTIVENESS & ANGER MANAGEMENT SKILLS

MARRIAGE ENRICHMENT GROUPS AND/OR RETREATS

INCREASE KNOWLEDGE OF PARENTING SKILLS

RETURN TO SCHOOL, TAKE A HOBBY, IMPROVE A TALENT

