



**Wellbeing
& Recovery
College**

Midlands Partnership
NHS Foundation Trust



A Keele University Teaching Trust

Understanding Depression Week 4

Don't worry – you don't have to be an expert to open up about mental health. You can follow these 5 simple steps

1. **Take it seriously**

It can feel embarrassing and exposing to talk about your thoughts and feelings, especially if they're disturbing. Don't laugh or treat it like a joke. However strange it might seem to you, remember it's real to them.

You don't have to have all the answers – just listening can make a big difference. Try and show that you're taking on board what they're saying. You can do this by reflecting – that is, saying something simple like "that sounds really difficult". You could also say something like "thanks for telling me", to show that you appreciate having the conversation.

2. **Listen and reflect**

We worry about prying when it comes to others' mental health, but it's better to ask questions. It can help them to get things off their chest, and by keeping the conversation going it shows that you care.

3. **Ask questions**

It's human nature to want to fix things, but expecting things to change right away isn't helpful. It's not your job to make their mental health problem go away – it's often more helpful just to listen, ask open questions and do things you'd normally do together.

4. **Don't try and fix it**

5. Build your knowledge

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You might find it helpful to learn a bit more about what they're going through. If they mention a specific diagnosis, you could learn more about it and read personal stories¹ by people who have experienced similar things.

¹ Time to Change; 'Personal Stories', <https://www.time-to-change.org.uk/personal-stories>

Learn more about what you can do to make a difference.....

Talking about mental health.....

time to change

let's end mental health discrimination

- 1) 'It's Time to Change How we Act and Think About Mental Health'
- 2) 'Sofia; Disclosing Depression at Work'
- 3) 'Nikki's Tip; Don't just Talk about Mental Health'
- 4) 'Roisin's Tips; Avoid the Clichés'
- 5) 'Lol's Tip; Give Them Time'
- 6) Shea's Tip; Find Out More'



- 'Things Not to Say to Someone with Depression'

Inspirational Speakers...



Brené Brown is a research professor who studies courage, vulnerability, shame, and empathy.

- 7) 'The Power of Vulnerability' (Ted Talks)
- 8) 'Listening to Shame' (Ted Talks)
- 9) 'The Call to Courage' (Netflix)

Lived Experience Stories



- Jake Tyler- "'I'm Fine"; Learning To Live With Depression'
- Jayne Hardy- 'What You Don't See About Depression'



Kate Napiorkowska- 'Living With Depression'

Depression and Relating Topics



Dr Russ Harris is an author of an international best-selling self-help book.

- 'The Happiness Trap; Evolution of the Human Mind'
- 'The Three Happiness Myths'



University of Oslo Faculty of Medicine- 'Epigenetics; Nature vs Nurture'

Basic Management Techniques

Some Minor Lifestyle Changes May Help with Depression and Feeling Sad.



Try to Keep Active –By Walking, Cycling or Going to The Gym Etc.
(This Helps Boosts Tryptophan Levels, Causing an Increase in Serotonin).

Seek Support.



Try to Eat A  Balanced Diet.

Connect with Friends and Family That are Supportive.





Connect  with Others.


Physical Touch -Hugging, Cuddling (Loved Ones – Friends/ Pets Etc).



Do Things You Enjoy – Listen to Music, Paint, Colour Etc.


Be Mindful of Your Self-Talk, Talk to Yourself as You Would A Friend. 

Medications – Speak to Your Health Profession / GP. (May Require  Medication, Wish to Change or Come off Them).

Sleep Hygiene – Regular Sleep Times, Quality Sleep, Routines etc. 





Most Importantly, Be Kind to yourself. Treat Yourself with Care and Compassion.

Challenge Negative Thoughts / Replace with Positive. 



Reduce Stress as Much as Possible /Simplify Your Life.

Try to Maintain Hobbies That Interest You. 

Relaxing, Meditating, Mindfulness and Yoga. 

Read A Funny or Light-Hearted Book. 



Avoid Self Medicating with Drugs and Alcohol.

Walks in Nature and The Sunshine. 

Watch A Funny Movie or Tv Show. 

Reading recommended by our student community....

Cognitive Behavioural Therapy

- Paul Gilbert., Constable and Robinson (2009); 'Overcoming Depression: a guide to recovery with a complete self-help programme' (3rd edition)
- Christine Padesky, Dennis Greenberger. Guilford 1995; 'Mind over mood' (2nd edition).
- Chris Williams. Hodder Education 2012; 'Overcoming depression and low mood: a five areas approach' (4th revised edition)
- The Great Courses; 'Cognitive Behavioural



Therapy; Techniques for Retraining Your Brain' (Available on Audible)

Practical Guides

- David Burns. Harper Collins 2000 'Feeling Good: the new mood therapy'
- Kathy Nairne and Gerrilyn Smith. The Women's Press 1998; 'Dealing with depression' (2nd revised edition).
- Dr Steve Ilardi. Vermilion 2010; 'The Depression Cure: The Six-Step

Programme to Beat Depression Without Drugs'

- Jennifer Alison; 'Self-Esteem: Fast Proven Treatment' (Available on Audible)
- Catherine M Pittman, Elizabeth Karle; 'Rewire Your Anxious Brain'.

Mindfulness

- Mark Williams, John Kabat-Zinn, John Teasdale, Zindel Segal. Guilford Press; 'The mindful way through depression: Freeing yourself from chronic unhappiness'



Sleep

- Dr. Guy Meadows; 'The Sleep Book'
- Dr. Matthew Walker; 'Why We Sleep'

Sleep sites and Apps

<http://franticworld.com/>

No. 1 rated app for sleep and meditation, also includes sleep stories to ease adults into sleep

<https://www.calm.com>

Other Health Topics

- Loretta Graziano Breuning; 'Happy Brain Habits'.
- Great Courses; 'Lifelong Health' (available on Audible.
- Joseph Burgo PhD; 'Why Do I Do That?' Psychological Defence Mechanisms.