



Overcoming Anxiety & Depression – Master Class Study Questions

Session 1 (Kimberly Miller & G. Laine Robinson)

Understanding Depression

1. THE IMPORTANCE OF ASKING THE QUESTION “AM I OKAY?”

- It’s okay to not be okay, as long as you are on your way to okay” - Pastor Conway
- The process starts with an honest answer, which is often “no”.
- Overcoming depression and anxiety is a journey that one takes to get to being “okay”

2. UNDERSTANDING DEPRESSION AND ANXIETY

HOW WOULD SOMEONE KNOW IF THEY ARE EXPERIENCING DEPRESSION OR ANXIETY?

A. The Continuum

- Depression and Anxiety can be normal responses to life
- The continuum spans from normal distress due to a problem or stressor all the way to clinical depression and anxiety
- It’s contextual - We have to understand our story to appreciate our symptoms - chronic stressors and traumatic situations

B. Overview of symptoms -

- Depression - emotional numbness/despair
 - -depressed mood; sadness
 - -irritability
 - -loss of interest/motivation
 - -fatigue
 - -insomnia or sleeping excessively
 - -aches and pains
 - -pessimism/hopelessness
 - -feelings of overwhelm
 - -suicidal ideation
 - -changes in appetite and weight

3. Anxiety - emotional activation/fear

- -fatigue
- -difficulty controlling feelings of worry
- -feelings of restlessness or feeling on edge
- -muscle tension
- -difficulty concentrating
- -irritability
- -insomnia
- physiological symptom: increased heart rate, sweating, chest tightness, hyperventilation

How are these symptoms affecting me?

Are the symptoms making it difficult to function in various areas of life (Ie: work, relationships, socially, as a parent etc.)

The greater severity of the symptoms suggests the severity of the condition