



Overcoming Anxiety & Depression – Master Class Study Questions

Session 3 (Kimberly Miller & G. Laine Robinson)

How to Best Respond to Anxiety and Depression

IF SOMEONE IS CONCERNED THAT THEY MAY BE DEALING WITH SOME FORM OF DEPRESSION OR ANXIETY, HOW SHOULD THEY RESPOND?

- **Acknowledge + Accept + Address = Overcoming**
 - **Acknowledge** - “Name it to tame it”
 - Acknowledgement begins with simply knowing and stating that we are not “okay”.
 - Don’t mask it - avoidance of pain, feelings, etc can both trigger anxiety and depression and exacerbate it.

WHAT ARE SOME OF THE WAYS FOLKS TRY TO MASK OR AVOID?

- Denial
 - Suppression - not feeling it or dealing with it
 - Self Medication/Numbing
 - Distraction-doing something to not be present
- A. Acceptance** - Be curious. Don’t judge how you are feeling or what you are experiencing
B. Address - “You have to feel it to heal it”.
- **Seek help and/or wise counsel.**

WHERE SHOULD ONE GO FOR HELP IF THEY BELIEVE THAT THEY HAVE DEPRESSION OR ANXIETY?

1. Talk with a trusted friend or support person about how you have been feeling.
2. Talk with your PCP or Gyn (ladies) about it.
3. Find a therapist or counselor (assessment and treatment plan).
4. Research and read about it.
5. Be in community - avoid isolation- stay connected with those who love YOU and support your wellness

Create a personal wellness and self care plan.

QUESTION: WHAT IS A WELLNESS/SELF-CARE PLAN?

1. A self-care plan is an established plan of self-care and personal nourishment.

-based on the individual person's needs and focuses on the areas of self neglect
-it's functions as a list of commitments and promises that you make to support your total wellness.

-The Four Domains of Wellness

1. physical (body)
2. emotional (heart)
3. mental (mind)
4. spiritual (spirit)