

Overcoming

DEPRESSION & ANXIETY

BY TIM WESSEL



Depression & Anxiety: What It Is and How It Affects You

What is Depression?



Depression

Depression is very real. While many people think that depression is simply a state of mind and something you should just "snap out of", it's an illness that effects not only the mind, but the whole body. Snapping out of it is not an option for most people battling real depression.

When you are depressed, you experience changes in every part of your life; sleeping, eating, spending time with others, the way you feel about yourself and your life, and even the way you approach your favorite things and the most mundane things are deeply impacted by depression.

"Depression and Anxiety are *very real* and can quickly take over your life if you don't act."

Take Action and Thrive

Although there is such a thing as situational depression, what we are talking about here is more than just "feeling blue" because some part of your life didn't go the way you had hoped. It's a true illness not based entirely on your situation and it can last days, weeks, months or even years.

You may notice a number of different symptoms when you're depressed. These symptoms vary widely from individual to individual, and they're also dependent upon the severity of the depression.

When you're depressed, you may experience the following:

- 1. Difficulty focusing and making decisions**
- 2. More negative thought processes**
- 3. Poor self esteem**
- 4. Feelings of guilt**
- 5. Thoughts of hurting yourself**
- 6. Sadness all the time**
- 7. A lack of motivation or irritability**
- 8. You don't feel well**
- 9. You feel helpless**
- 10. Getting better seems hopeless**

Take Action and Thrive

I spent a good portion of my life depressed and have occasionally had a return of that darkness, but I have developed ways to move through the depression to a THRIVING state. In this short e-book I will give some examples of things you can do to get to a better place and learn to walk in victory more often than not.

Was there depression in the Bible? Yes, of course there was all of the things we deal with today. Here are some scripture portraying men struggled like us and to encourage us that ...THERE IS HOPE!

"I have no peace, no quietness, I have no rest, but only turmoil."

— *Job 3:26*

"Cursed is the day I was born....why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?"

— *Jeremiah 20:14, 20:18*

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

— *Psalms 34:18*



What is Anxiety?

Anxiety is another serious problem that many of us struggle with. While everyone feels anxious from time to time, for some people anxiety becomes a daily and crippling struggle, often with no real rhyme or reason that we know of.

Anxiety can and will often affect our entire body and mind. When you struggle with anxiety it changes the way you feel inside, how you behave outwardly, how you socialize and even affects your physical well being.

Anxiety can be described like feeling fear, but you may not know what you're anxious or fearful about. This causes a constant cycle of feeling anxious and then being afraid of being anxious!

Anxiety may cause you to experience such symptoms as:

- 1. Muscle tension**
- 2. Shaking**
- 3. Upset stomach**
- 4. "Butterflies"**
- 5. Headache**
- 6. Backache**
- 7. Rapid heart beat**
- 8. Numbness in the extremities**
- 9. Increased perspiration**

Anxiety is often triggered by stress. We all have stress, but some of us handle it differently than others. Those who are not as adept at dealing with stress often struggle with anxiety. Trauma and other past experiences can cause a physical and chemical change in our bodies when under stress that can make it very challenging to navigate what we are feeling.

Depression and anxiety are very real physical illnesses that can quickly consume our life. Many people do not even realize how seriously they're being affected by depression and anxiety.

Take Action and Thrive

Gratefully, there are some ways in which you can take action to improve your physical, mental and spiritual well being if you suffer from depression or anxiety. *These coping strategies can help you start improving your life right now and begin to THRIVE.*

Overcoming Depression and Anxiety

1. SHARE YOUR FEELINGS OPENLY WITH ANOTHER PERSON.

Let your pastor, life coach, other professional or friends and family know how you're feeling. Sometimes putting your thoughts and feelings into words lightens the burden.



**Though one may be overpowered,
two can defend themselves.
A cord of three strands is not easily broken.**

Ecclesiastes 4:12

Be sure to talk to someone who knows how to listen.

How This Helps You:

1. You're free to express your feelings without being judged.
2. A problem shared is a problem cut in half. Sharing lightens the burden.
3. Feelings of being alone will subside.
4. It gives you a new point of view of your life and issues.

How You Can Do This:

1. Ask a friend to listen.
2. Join a support group.
3. Seek the help of a professional.

"Alone we can do little. Together we can do so much."

— *Helen Keller*

"Alone we are STRONG, together we are STRONGER."

— *Unknown*

"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

— *Jesus - Matthew 11:29*

2. CAST YOUR WORRIES ASIDE.

You can often take the anxiety out of a situation if you delay the issues that have you worried. Take a pause, a breath and mentally re-set yourself by deciding to put the worry aside.

This is one of the most effective strategies to help reduce extreme anxiety.

How This Helps You:

1. It will help you live for the moment.
2. You'll realize that most worries never *actually* come to be.
3. It will help you focus on the things you can control.

How You Can Do This:

1. Tell yourself you'll work on it tomorrow and then you move on.
2. Write down a time to take care of the issue at a later date.
3. Tell yourself you are absolutely able to deal with life on life's terms.

"But seek first His kingdom and His righteousness and all these things will be given to you as well. Therefore, do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of it's own."

— Matthew 6:33-34

3. CHANGE YOUR BEHAVIORAL PATTERNS.

When we're depressed or anxious, we often withdraw from normal activities. Unfortunately, this just gives us more time to feel worried and depressed and can dig a deeper hole.

Instead of continuing to withdraw, change your routines that feed your depression or anxiety. Making an intentional change to your routine can bring about purpose and passion for something new.

How This Helps You:

1. You have less time to focus on the negative mindsets.
2. You break out of your negativity and hopelessness.
3. You will realize what has been missing in your life.

How You Can Do This:

1. Call a friend or family member and ask them to grab a coffee or take walk.
2. Join a support group, small group at church, volunteer or go to the gym.
3. Force yourself to leave the house at least once each day for at least an hour.

" Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is, his good, pleasing and perfect will."

— Romans 12:2

4. CHOOSE POSITIVE THOUGHTS.

This coping strategy is more powerful than you imagine! You can't just stop thinking negative thoughts you need to replace them with new positive thoughts. When you begin thinking positive thoughts, you'll find that your whole outlook on the world changes.

If you give into negative thinking, your negative thoughts and worries will likely materialize. Self fulfilling prophecy is when we think it until we do it.

Positive affirmations, prayer and meditation are effective ways to bring positive thinking into your life.

How This Helps You:

- 1. It disrupts the pattern of negative thinking.**
- 2. It strips the power from your negative thoughts and give power to the positive.**
- 3. It gives you a more optimistic and abundant expectation.**

How You Can Do This:

- 1. Learn to focus on truth, meditate on the positive.**
- 2. Use positive affirmations and/or scripture to influence your thinking.**
- 3. Read books that train you how to think positively.**

5. SEEK THE ADVICE OF A LIFE COACH, PASTOR OR OTHER PROFESSIONAL.

Life coaches, Pastors and other professionals are trained to help you make these changes in your life. A good mentor will have had some experience personally with the same issues and will be able to better help you find your way while having understanding and compassion for your struggle. A life coach can help you build positive affirmations, destroy limiting beliefs and negative thought patterns and hold you accountable to making the changes you need to in order to THRIVE.

How this Helps You:

1. You gain the experience and wisdom of an unbiased person who cares.
2. You receive direction in living a life that is considered thriving to *you*.
3. You'll have a team of people to support you in your journey.

How You Can Do This:

1. Google life coaches or other professionals who have the background and training you need.
2. Consider working via phone or video if you find the right person but they aren't near.
3. Ask a friend or family member to refer you to anyone they know and trust and who may have helped them in the past.

[Click here NOW to book a FREE Session with a Thrive Coach](#)

6. GAIN PERSPECTIVE OVER WORRY.

If you know what you're depressed or worried, contemplate on how it is affecting your life. Do these things really deserve this much attention? Are they really worthy of consuming your entire life?

Often when we take a close look at what's causing us to be depressed or anxious we realize that we're the ones giving them too much power in our lives.

How This Helps You:

1. It brings life back into balance when we properly weight our issues.
2. It helps you realize it's not really that bad.
3. It pushes you outside the comfort zone of remaining in depression and anxiety.

How You Can Do This:

1. Make a list of all the issues you're depressed or worried about.
2. Ask a friend for their honest feedback about the items on your list.
3. Join a support group where you can share your worries and depression and also listen to other people. You may want to keep the problems you have when you hear what other people are dealing with.

7. PRACTICE JOURNALING.

Writing down your issues often takes the power away from our issues and helps us let them go. Writing down your thoughts and feelings is also a great way to release the grip they have on our life.



**"Don't cry because it's over.
Smile because it happened."**

- Dr. Seuss

Journaling can help you face the depression and anxiety that are exhausting your passion for life.

How This Helps You:

1. It allows you to release the things that bind your heart.
2. It allows you permission to feel and express those feelings.
3. It's a low risk way to take some action on those feelings.

How You Can Do This:

1. Write in an online journal when you're feeling particularly depressed or anxious.
2. Write in a paper or online journal every day focusing on anxious and depressed thoughts.
3. Create a social media method (blog, live Facebook etc.) where you can express yourself.

Putting These Coping Strategies to Work For You

If you want to overcome depression or anxiety, work on as many of these strategies as you can. The more tools you have the sooner you will be able to THRIVE and not merely survive. **It's time for you to feel whole and get back to the person that God designed you to be.**

There is far more you can do in addition to these strategies. You must also take care of your spiritual life, physical life, relational life, vocational life, keeping in mind that working on one area probably won't fix everything. As a Life Coach I have seen the power of a balanced life in all of these areas and have developed tools to help my clients address all of them and more. **Taking care of your body (sleep, exercise, diet) is so important to be well as is a healthy relationship with God, yourself and other people.**

You can begin using these coping strategies today! All of them require that you take some action, but they'll also help you work your way out of your nightmare of depression and anxiety to a more abundant life.

Integrate them into your daily routines now, and soon you'll realize that you (not your depression and anxiety!) are back in control of your life!

RECAP:

1. Share your feeling openly with another person.
2. Cast your worries aside.
3. Change your behavior patterns.
4. Choose positive thoughts.
5. Seek professional help.
6. Gain perspective over worry.
7. Practice journaling.

Change your life Now!

We specialize in breaking negative thought patterns, overcoming limiting beliefs and designing the life you've always wanted. It's time to get help and stop being stuck in your anxiety and depression! We focus on faith and family in all we do and we believe no one should be living a life of just surviving. It is time to THRIVE!

[Click here to book your FREE strategy session with a Thrive Coach](#)

[Click Here to visit Thrive Resource Page and download more resources](#)

Keep reading for more resources and scriptures for your healing journey!



Additional Scriptures:

But the advocate, the Holy Spirit whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you, peace I leave with you; my peace I give you, I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

— Jesus - John 14:26-27

"Anxiety weighs down the heart, but a kind word cheers it up."

— *Proverbs 12:25*

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and minds in Christ Jesus. Finally brother and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is loyal, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

— *Philippians 4:6-8*

"Cast all of your anxiety on him because He cares for you."

— *1 Peter 5:7*

"Can any of you by worrying add a single hour to your life."

— *Matthew 6:27*

"I sought the Lord and he answered me, he delivered me from all my fears."

— Psalm 34:4

"They will have no fear of bad news, their hearts are steadfast, trusting in the Lord."

— Psalm 112:7

"Their hearts are secure, they will have no fear, in the end they will look in triumph on their foes,"

— Psalm 112:8

"But whoever listens to me will live in safety and be at ease, without fear of harm."

— Proverbs 1:33

"Do not call conspiracy everything this people calls conspiracy, do not fear what they fear and do not dread it,"

— Isaiah 8:12

"So do not fear, for I am with you, do not be dismayed, for I am your God, I will strengthen you and uphold you. I will uphold you with my righteous right hand."

— Isaiah 41:10

"Cast your cares on the Lord and he will sustain you, he will never let the righteous be shaken."

— Psalm 55:22

"The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."

— Romans 8:6



Thank you for sharing
your time with us at
Thrive Coaching!

Thank you for reading! We hope you found this resource useful. Please share with anyone who might need a little help. We exist to help people move from surviving to thriving with passion and purpose. We have prayed that this resource finds the people who need it the most, when they need it the most and more than anything that God gets ALL the glory for life change and transformation.

Blessings!

Your friends at [Thrive Coaching!](#)