

## Myths About Depression

### **Depression is a sign of weakness.**

No, depression is a sign of emotional distress which needs attention.

### **Depression is a rare thing.**

Actually, depression affects approximately 14 million Americans each year.

### **Christians shouldn't get depressed.**

Unfortunately, Christians are no more immune from depression than they are from other illnesses.

### **Therapy makes light of one's faith and beliefs.**

Competent therapists treat you and your faith with respect.

### **Depression gets better with time.**

Usually not. Unresolved depression goes "underground," and reappears at times of future stress or loss.



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depression, anxiety, marriage and parenting problems. For additional information, available workshops or copies of this brochure, please call (248) 353-0050.

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## Why Do Christians Get Depressed?

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## Checklist for depression

- My faith doesn't mean as much to me these days.
- I feel down, "empty," sad most of the time.
- I never feel really rested no matter how much I sleep.
- I'm usually irritable and can't relax.
- I avoid church and social activities.
- I can't seem to concentrate on things.
- I've lost interest in my usual favorite activities.
- I'm angry at God.
- I've gained or lost weight recently.
- It's hard to believe God loves me.
- I wonder if life is really worth it.
- I feel lonely even when I am with people close to me.
- I'm having headaches, chest pains or stomach problems but my doctor can't find anything wrong.
- I keep making mistakes in my life.
- I really can't forgive myself and find inner peace.
- My career is suffering because of my moods.
- I can't tell people how I really feel.
- Others tell me that I am just not myself these days.

## What is Depression Anyway?

Since Biblical times, God's people have been affected by depression. It takes the sparkle out of our eyes, the bounce out of our step, the music out of our voice. We have no energy for the



people and things we love, we see dull grey instead of color, we tend to think on the negative side, our beliefs and faith seem empty. We

eat too much or too little, we have more aches and pains, we sleep too much or can't get a good night's rest.

Depression is a sign of emotional distress. Different than the normal ups and downs of life, depression symptoms last for several months or longer and begin to have a negative impact on our families, friendships, work, and health. The checklist on the left has possible signs of depression to watch for in yourself or others who are important to you. It's often easier to recognize depression in others than to see it in yourself.

**"If only my anguish could be weighed and all my misery placed on the scales – it would surely outweigh the sand of the seas."**

*Job 6:2-3 NIV*

## Causes of depression

Generally, depression develops from one of three sources:

1. Unresolved losses in life which continue to weigh us down.
2. Patterns of dealing with stress that compound our problems (overworking, overeating, isolation from people, smoking, misuse of alcohol, medication or other drugs.)
3. Physical illness or chemical imbalance.

## Solutions for depression

The good news is that effective treatments are available. Ask your pastor, priest or doctor for a referral, or call (248) 353-0050 to reach a therapist who can evaluate your situation and help you get better.

Don't ignore the problem. Life was meant to be better than this!

**I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted within me. My mouth is dried up... and my tongue sticks to the roof of my mouth...**

*Psalm 22:14-15 NIV*