

Pandemic Emotions

25+ Ways to Treat Your Own Depression

Dr. Lois A. Dodds

Heartstream Resources

www.heartstreamresources.org

July 15 2020 Thrive Gather Retreat

Security Reminder

- This session is about to be recorded! Although this is a Zoom meeting, it is NOT being routed through security sensitive countries.
- If security is something you are concerned about, may I suggest you consider:
 1. You change your name to an alias.
 2. You turn off your video now. (Facial Recognition)
 3. You do not speak during this meeting. If you'd like to contribute, then please type in the chat box. (Voice Recognition)
 4. We will turn off the recording later, so you can participate in the discussion at the end.

Why should you listen to me?

- 50 years in missions! 23 WBT
- Mom of 3 MKs
- Wife of missionary physician
- Developmental psychologist & counselor
- 50 countries, 100+ cultures
- Co-founder Heartstream Resources for Global Workers
- A few degrees while “on-the-go”





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Dr. Dodds Heartstream Resources

Depression—we can beat it!

- It's normal
- Especially in pandemic & turmoil, it is logical!
- Most people suffer depression.
- Most recover in 6 months.
- It is not a disease; that is a 20th century idea.



My experience: I am a pro at depression.

- Since early childhood
- Probably genetic
- Many ACEs (adverse childhood events)
- Melancholy personality
- I learned early I could overcome rather than succumb.





**“Life isn’t about waiting for the storm to pass...
its about learning to dance in the rain.”**

Vivian Greene

5 facets
of you
are affected
by
depression

- Spiritual
 - Physical
 - Actualizing (potential)
 - Relationships
 - Emotions
- SPARE YOURSELF!



I can make “a framework for my day”
with these habits. (my client)



4 Spiritual Habits



1 Meditate on Jesus!



**# 2 Tell God!
...every detail
with voice
or pen.**



3 Make Music!





4 Praise
and pray:
Your constant
dialogue with
God.

8 Physical Habits





5 Open the curtains! Let in the light!

FROGGY GETS DRESSED

by JONATHAN LONDON
illustrated by FRANK REMKIEWICZ



6 Get
up!

Get
dressed!

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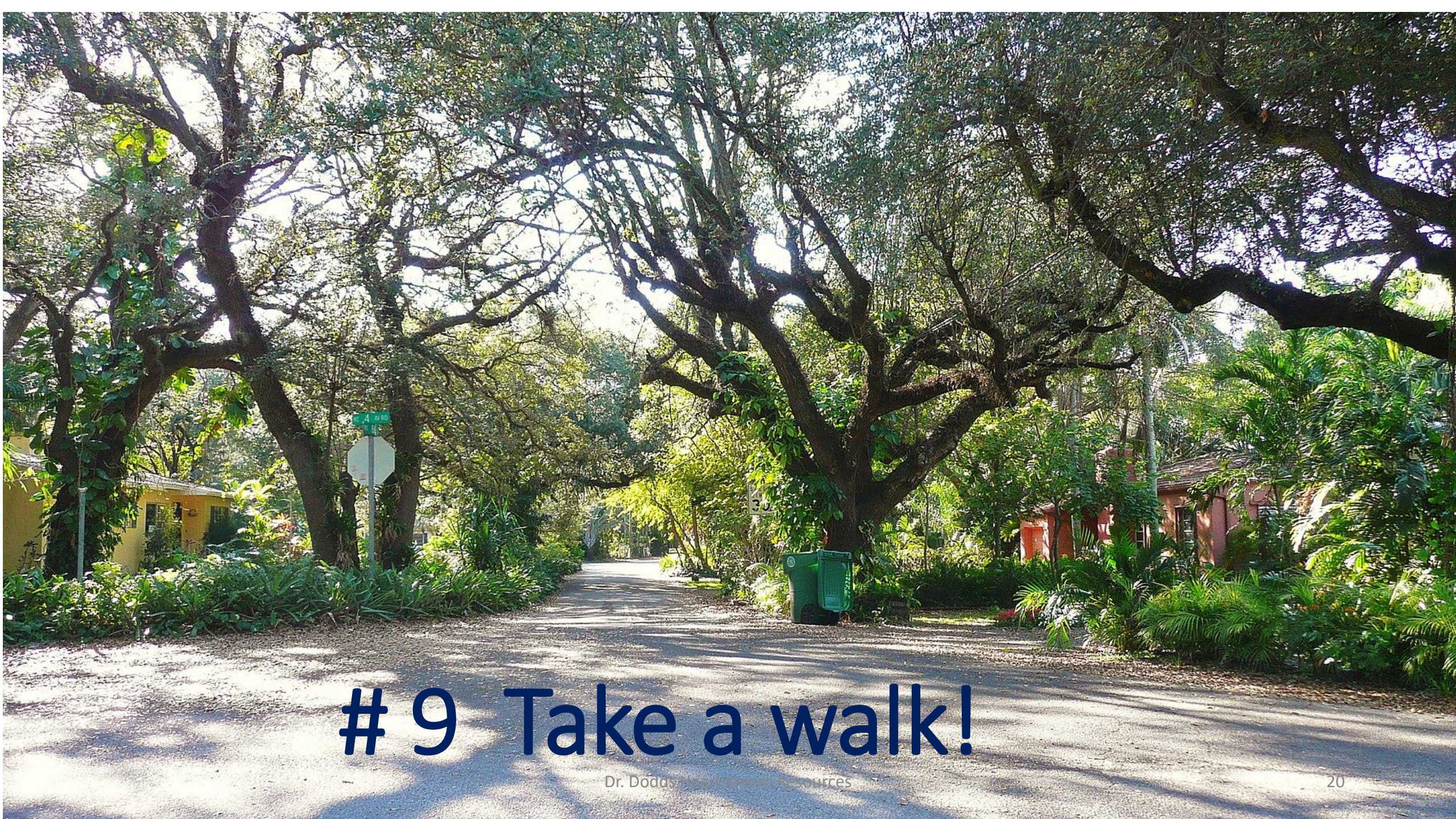


7 Make your bed.

8 Have a “cuppa” tea or coffee...

...while you meditate
& read the Word





9 Take a walk!



10 Eat every color!

11 Sleep!



12 Plant something!





6 Habits to actualize your potential



13 Bring color into your life. “Use every color in your crayon box.” (Alan Furst, artist)

A photograph of a wooden deck filled with several large pots of colorful flowers. The pots are arranged in a row, with a central tan-colored pot and blue pots on either side. The flowers include purple, pink, white, and red varieties, all in full bloom. The background shows a wooden railing and lush green foliage.

My plantings on deck – flowers all day color!

14 Tidy up! Be neat! Keep your mind uncluttered!



#15 Write, a poem or other...

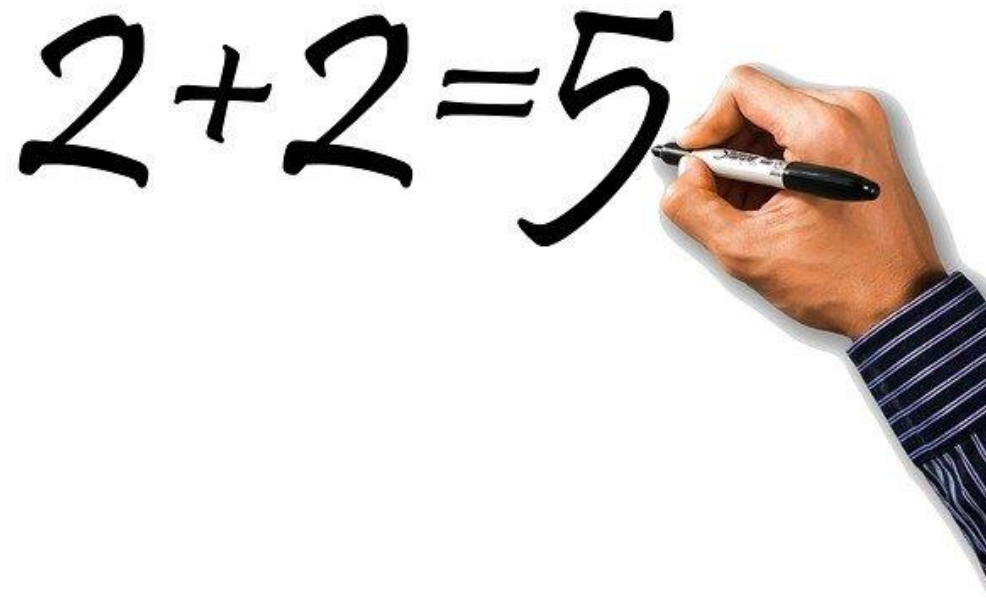
**“Fragile self,
poised delicately on the unstable
brink of life
as butterfly
upon the quivering flower’s edge,
spread out--so vulnerable,
so whimsically thin its beauty....”**

(from *We Have This Treasure*, 1975, by Dodds)

16 Think differently!

“Cognitive “restructuring” is a fancy term.

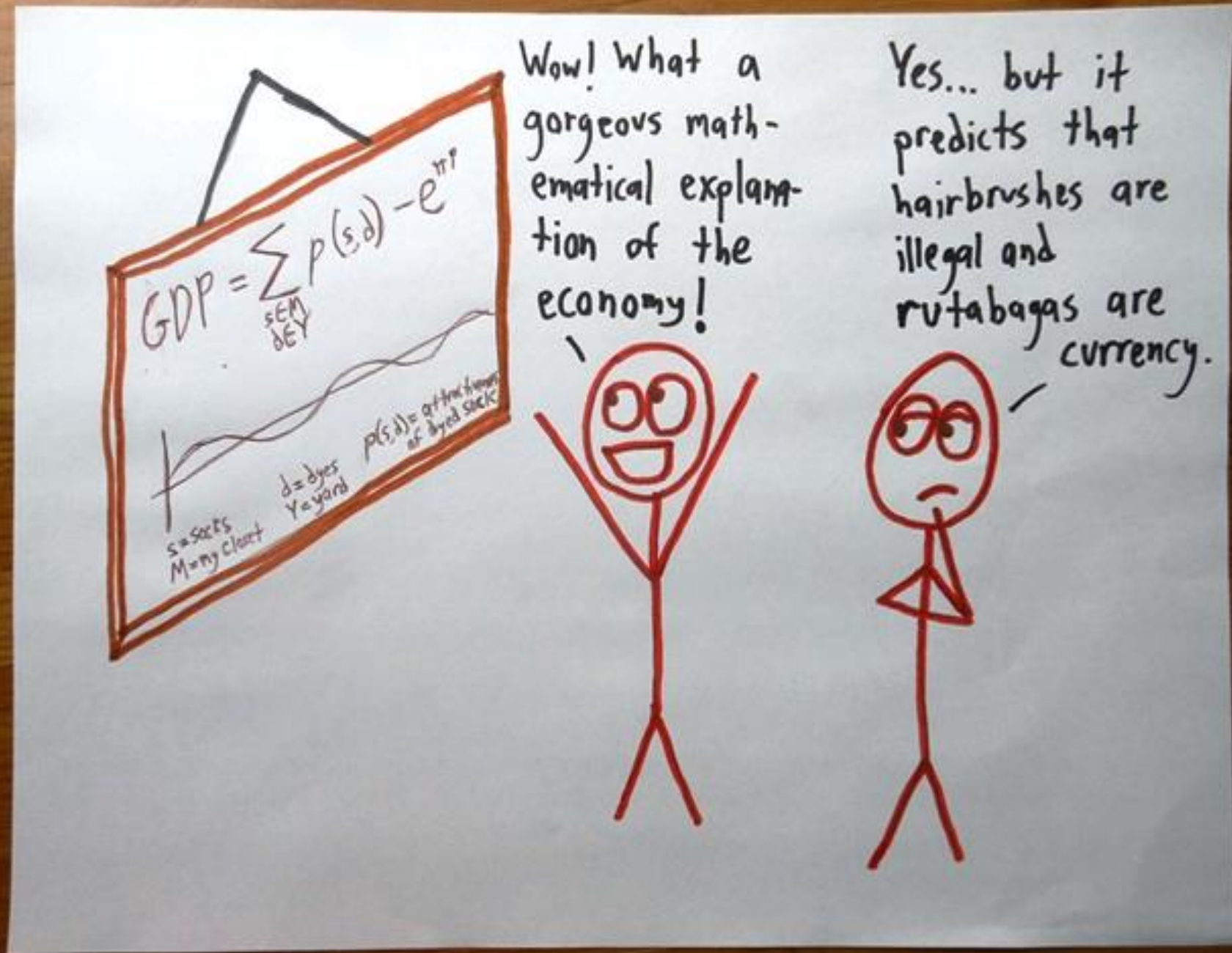
It's more powerful than an anti-depressant RX!



16 Think again!

Explain how you regroup to solve the problem.

I used my brain



#17 Think differently! “Reframe” your view!



#18 Look up to
someone!

8 Relational and Social Habits:





19 “**Act up,**”
not down as
depression
urges you to
do.



20
Do
something
nice for
someone.



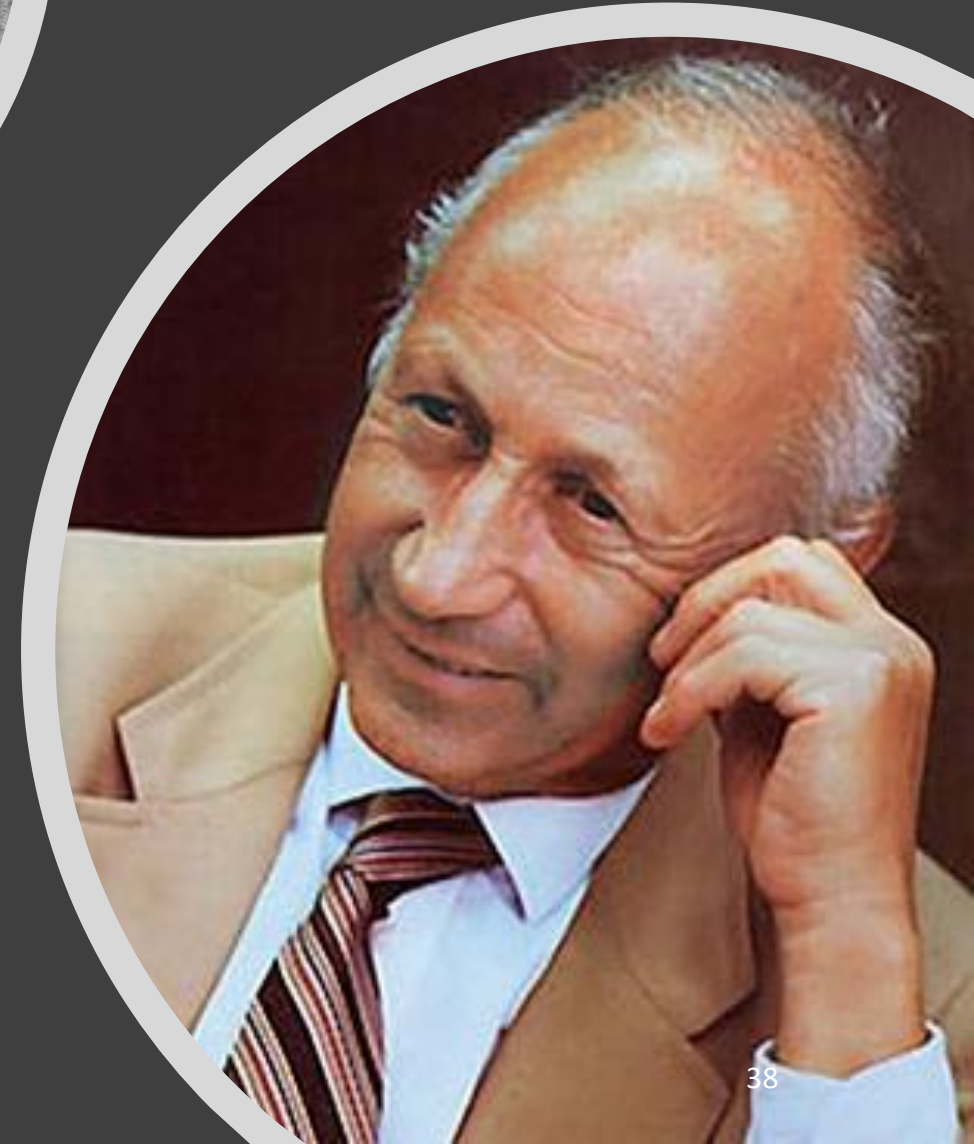
21
Connect
with
people
you love!



#22 Talk with a friend -- #1 best stress reducer!



23 Laugh like Norman Cousins,
who cured himself of cancer by
laughing.





• # 24 Look at pictures of people you love.

25 Join a virtual group



A gentle answer
turns away wrath
but a harsh word
stirs up anger.

Proverbs 15:1



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26
Give a
soft
answer.

4 Emotional habits to fight depression.



A woman with blonde hair, wearing a blue long-sleeved shirt, is looking at a framed photograph of herself. The photograph shows her from the chest up, wearing the same blue shirt. The text "Self Talk" is overlaid on the left side of the image. The word "OLYMPIA" is visible at the bottom of the photograph.

Self Talk

OLYMPIA

27 Talk to
yourself with
positive words!

+ (It's 4 again)
Pray
some more!





+ + Emotional

• # 16 again—laugh
some more!



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+++ Emotional

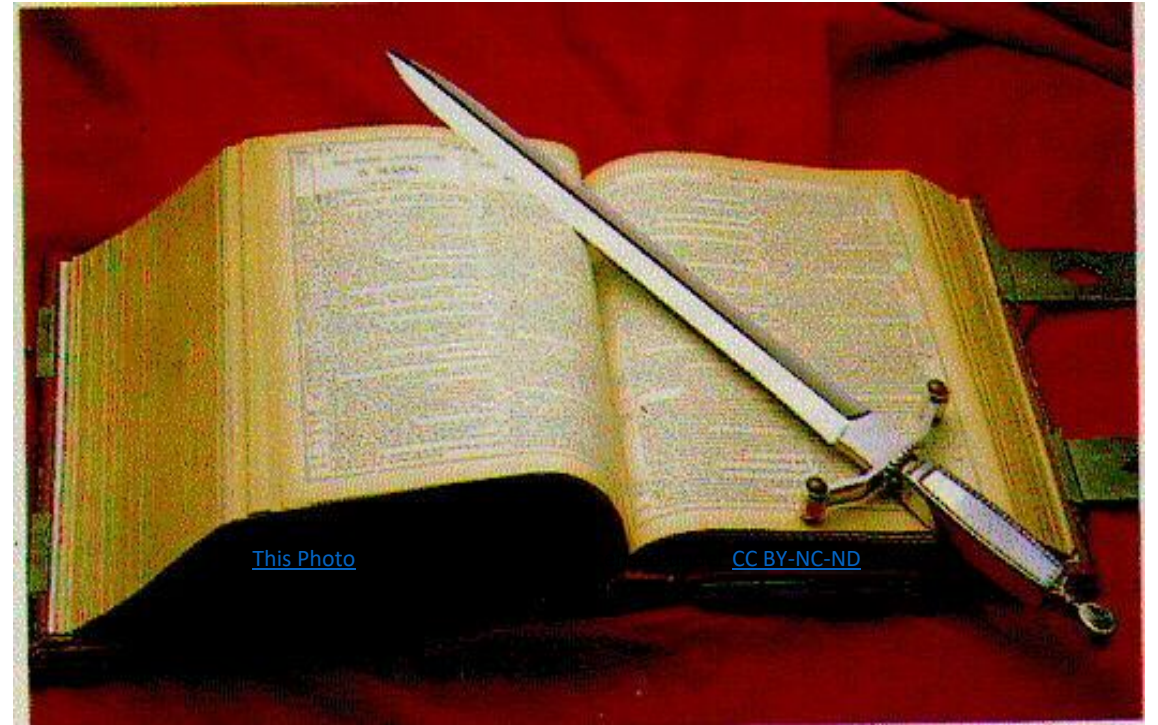
20 again. Connect with people you love!

Does this really work? Examples in my life:

Birth of first grandbaby plunged me into depression! Paradoxical!

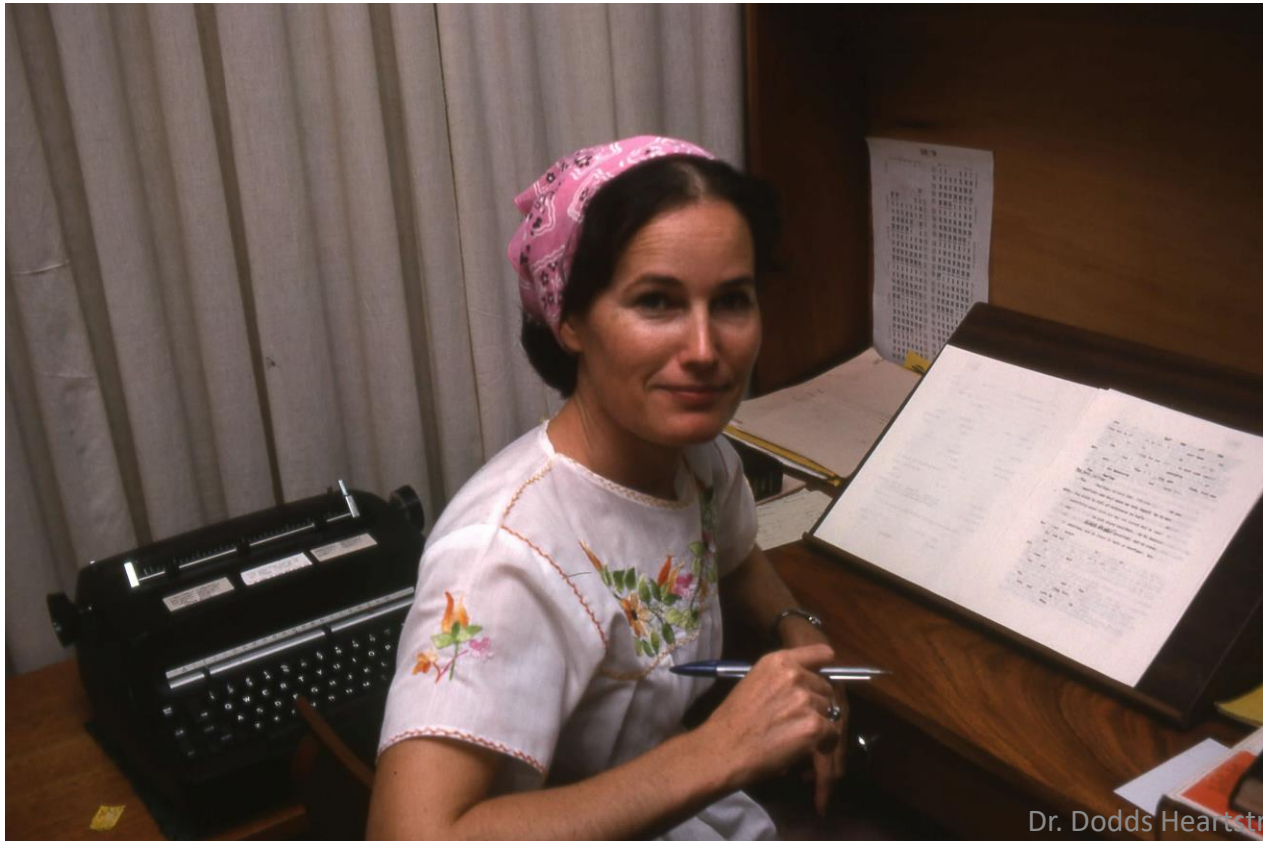


I had to fight major spiritual battle.



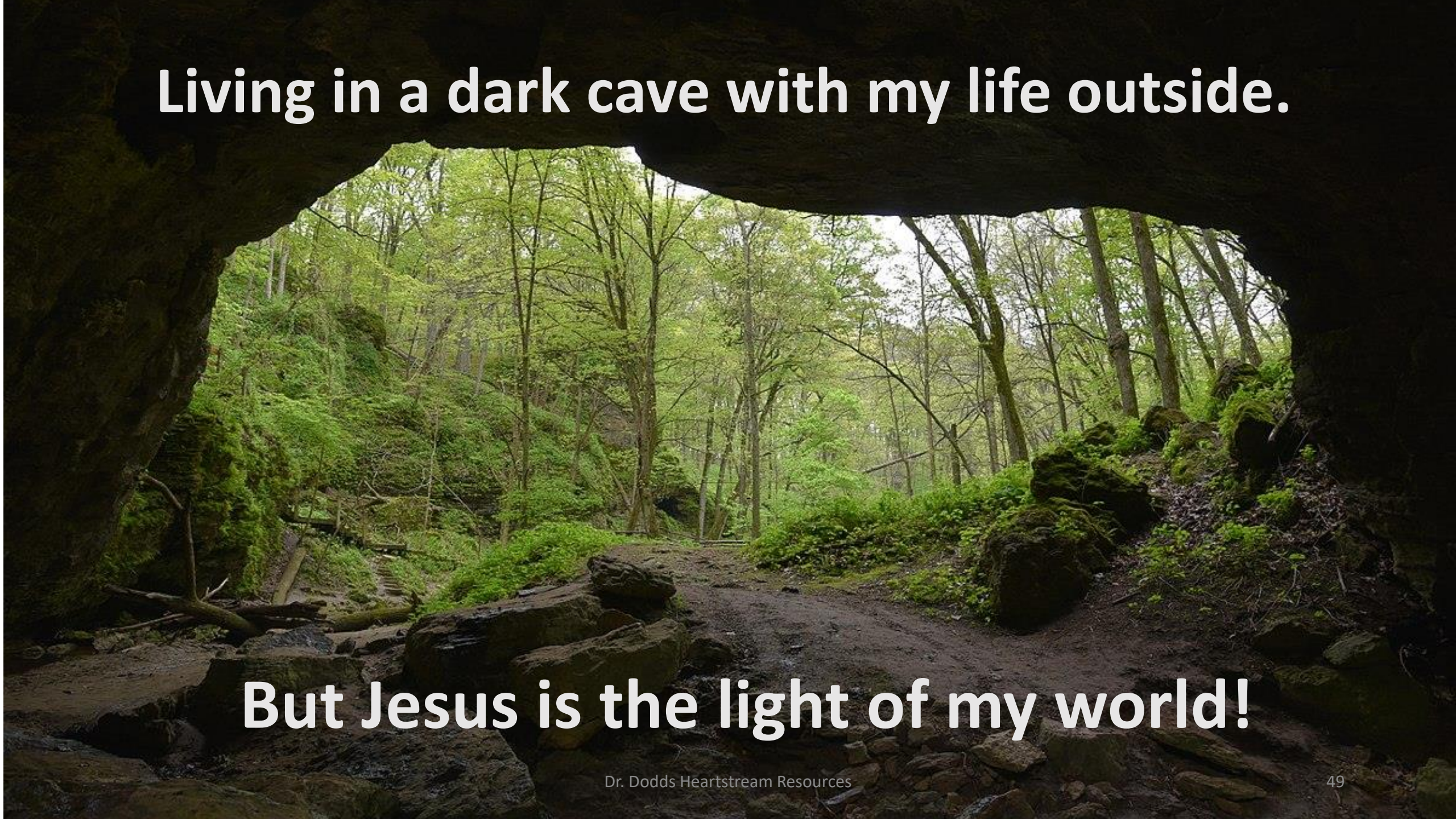
Does this work? Examples from my life...

**Peru jungle:
spiritual attacks of depression.**



**During dissertation writing:
a profound depression.**





Living in a dark cave with my life outside.

But Jesus is the light of my world!

Jesus—the Great Physician— our Healer!



See our website for resources:
www.heartstreamresources.org
free downloads, books, papers, videos,
radio and scripts



Poll questions:

- Have you ever been depressed while in missions?
 - Would you rate it 1—mild, 2—moderate, 3 severe, 4 extreme?
 - How many years have you been in missions?
 - About which year in missions did you experience depression?
 - Did you get the help you needed?
-
- How would you rate the helpfulness of this presentation on a scale of 1 to 10, with 10 being the best? What was most helpful?



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