
LIFE

SEMINAR

“Yes, I have loved you with an everlasting love; therefore with lovingkindness I have drawn you.” Jeremiah 31:3 NKJV

We live in a culture that has more forms of entertainment than any previous generation, from sporting events to theme parks, to an unlimited amount of media choices. With the swipe of a finger, we have access to more information than at any time in history, and through social media, we can stay in contact like never before. You would think with all of this we would be the happiest generation. Sadly, over the past 100 years, each successive generation has increased in depression. It makes us wonder if there is a connection between seeking fun things and failure to find lasting happiness.

A. _____ is a mood disorder characterized by despondency and overwhelming sadness, whereas _____ is an overwhelming worry or stress related to a perceived negative event or outcome.

B. The first step in working through depression is to know that you are not _____ .

C. If you are a person of _____, know that you are not immune from depression.

Criteria for major depressive disorder

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Causes of depression

1. _____
2. _____
3. _____

-
4. _____
 5. _____
 6. _____

Practical lifestyle habits to help depression and anxiety

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Other ways to improve mental health

1. _____
2. _____
3. _____
4. _____

Life Group

1. Why is it so important to discuss mental health today?
2. When it comes to depression or anxiety, why are some hesitant to seek help?
3. If you knew someone who was struggling with depression or anxiety, what advice would you give them?
4. Why does having a personal faith help in treating mental disorders?

Homework

If you are struggling with depression or anxiety, make an appointment to see your health care provider. Ask them to refer you to a good mental health specialist. Begin to apply the practical lifestyle habits to your life. Talk with someone whom you can trust and let him or her know what you are struggling with. Make sure you have an ally when dealing with any mental health disorder. If you are currently taking any medication, do not stop without first consulting with a health care provider.

Notes and Action Points