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OVER

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# SYMPTOMS OF DEPRESSION

- Persistent sadness, anxiety, or “Empty” mood
- Feelings of hopelessness or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Decreased energy or fatigue
- Moving or talking slowly
- Feeling restless
- Difficulty concentrating/remembering
- Difficulty sleeping or over sleeping
- Loss or increase of appetite
- Thoughts of death/suicide

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# EXAMPLE OF DYSTHYMIA



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# TYPES OF DEPRESSION

1. Major Depressive Episodes
2. Persistent Depressive Disorder  
(aka: Dysthymia)
3. Postpartum Depression
4. Seasonal Affective Disorder

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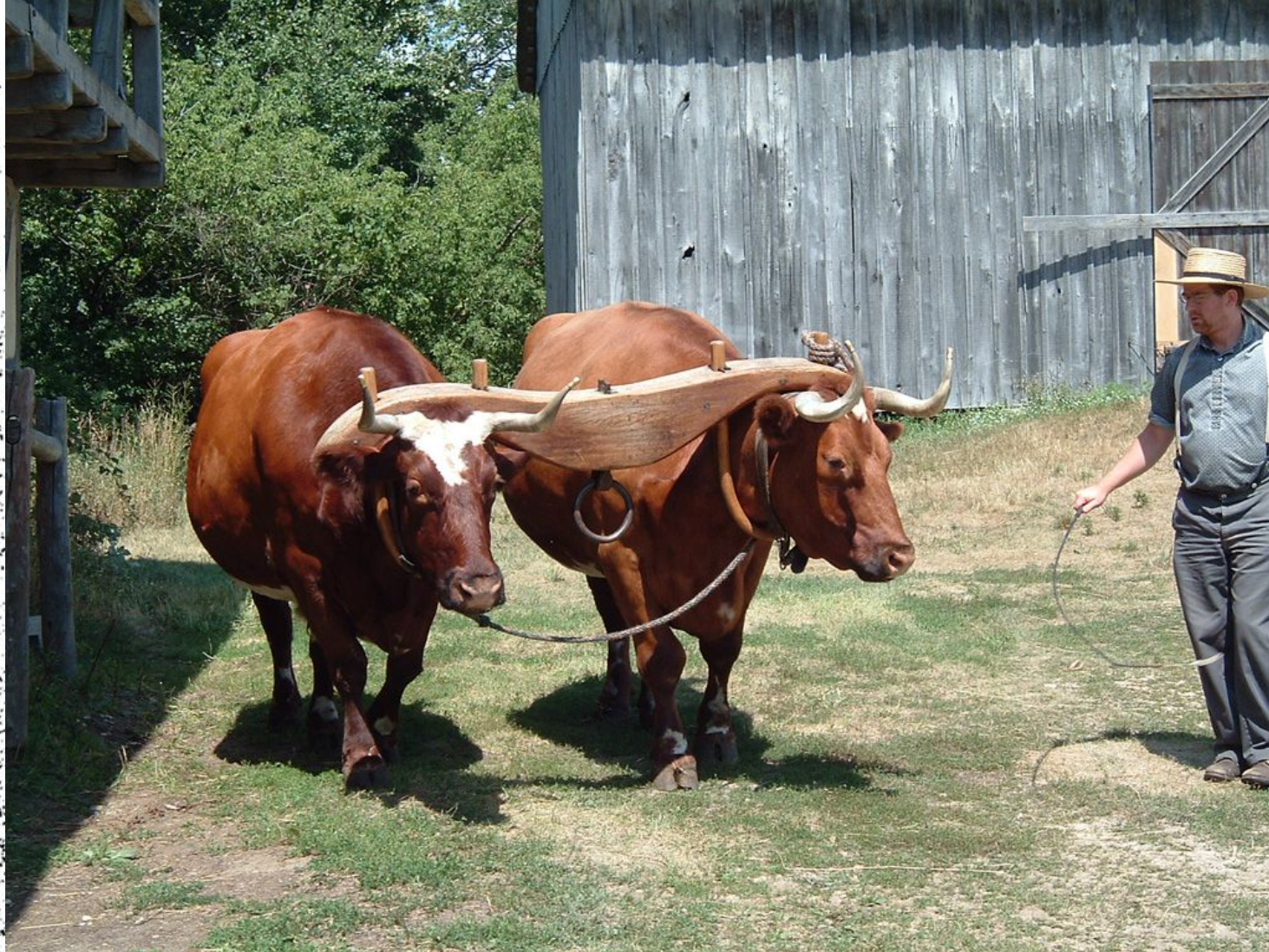
# LEARN FROM JESUS

**Matthew 11:28-30:**

**<sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light.”**

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# YOKE OF OXEN



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# LEARN FROM THE MASTER

1. Get a healthy routine
  - Mark 1:35
2. Pray Often
  - Luke 5:16
3. Know Scripture
4. Go to church and get involved
  - Luke 4:17
5. Live Humbly
  - Luke 22: 39-46
6. Love Others
  - Matthew 22:37,39
7. Serve Others
  - John 13:1-17

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# LEARN FROM JEREMIAH

## Jeremiah 15:10

<sup>10</sup>Alas, my mother, that you gave me birth,  
a man with whom the whole land strives and  
contends!

I have neither lent nor borrowed,  
yet everyone curses me.

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# LEARN FROM JEREMIAH

## Jeremiah 20:14-20

**14 Cursed be the day I was born!**

**May the day my mother bore me not be blessed!**

**15 Cursed be the man who brought my father the news,  
who made him very glad, saying,  
“A child is born to you—a son!”**

**16 May that man be like the towns  
the LORD overthrew without pity.**

**May he hear wailing in the morning,  
a battle cry at noon.**

**17 For he did not kill me in the womb,  
with my mother as my grave,  
her womb enlarged forever.**

**18 Why did I ever come out of the womb  
to see trouble and sorrow  
and to end my days in shame?**

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# WINTER WARLOCK



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