

Got Depression?

Posted by jerusalemsexaddict - 30 Sep 2009 21:06

All of us here, or at least most of here, struggle greatly with depression.

We are depressed that we are depressed.

And we are depressed that we are in this cycle of depression.

Firstly, I would like to clarify a major misconception.

Many think that we are depressed cause we are sinning.

Our neshama is depressed. Therefore we are depressed.

This is not true.

I strive to serve Hashem as much as I can (for the most part)

I still suffer greatly from depression.

Depression can come from several reasons:

1) Chemical imbalance- This happens. Some people are just biologically prone to be depressed.

2) Emotional discontent- Lack of feeling of security and the occurrence of bad circumstances.

There are obviously more reasons, but these are two major ones that I think are the basic reasons for depression for people like us here at the forum.

We are not to blame for our depression!

We are not bad people!

We do not "deserve to be depressed"!

Depression is not something to fight.

It is something to heal.

If it is chemical imbalance,medicine helps greatly for this.

We can accept what Hashem gives us with love.

He gives us happiness soemtimes,and He makes us depressed sometimes.

Reb Tzadok says that this is to be mechaper avonos.

Because as we all know,depression is like hell sometimes.

So Hashem thank You!

More often,it is discontent inside of us.

All of us here have this.

That's why we're here, isn't it.

This is something we are working on.

It takes time.

It will be healed.

Do not worry.

So when you are depressed,don't say to yourself:

"O man!Why can't I just be happy?!"

This is where Hashem put us right now.

Thank you Hashem for making me depressed today!If You decide that I should be

depressed,then I'm happy with it!

(Notice the irony in that statement?)

(Irony?Or **the solution?**)

Don't say:

"O man!My davening now will be weak anyway.Any mitzva I do will be weak.I might as well not do it."

Wrong!

Hashem wants us to give Him what we have.

If all we could do is learn 10 minutes,then that is perfect!

Not ok.

Perfect!

He put us here,depression and all.

Don't beat yourself up.

Give Him what you got.

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Re: Got Depression?

Posted by Sturggle - 13 Oct 2009 13:39

[kutan shel hachabura wrote on 06 Oct 2009 01:05:](#)

The above statement is endorsed by the AMA.

;D

k,

just saw this for the first time...

you bet!

problem is i live in I not A...

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Re: Got Depression?

Posted by kutan - 22 Oct 2009 22:11

[sturggle wrote on 13 Oct 2009 13:39:](#)

problem is i live in I not A...

That of course is not a problem.

problem is that I live in A.

Just ask 7up.

oy lerasha oy lesh'chaino.

(ouch... that one still hurts).

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Re: Got Depression?

Posted by kanesher - 23 Oct 2009 02:43

As far as consulting with a mental health professional - often when it comes to meds it depend what we're looking for, often levhavidil just like asking a Rav. The general mehalech is to use meds to stabilize, and then use therapy to cure; even if it's not a chemical issues, meds can be very useful because they buy breathing space before people , say, jump off of a cliff. There is a concept of a pure chemical issues, like another mental illness that has zero to do with one's state of mind - like manic-depressive, but like Uri said, even if it's not meds still have a roll.

You use all weapons in this battle.

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Re: Got Depression?

Posted by kutan - 26 Oct 2009 19:35

Coffee works wonders for me.

My wife can tell how many cups I've had that day, depending on the mood.

k

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Re: Got Depression?

Posted by bardichev - 26 Oct 2009 19:43

WHAT IS DEPRESSION??

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Re: Got Depression?

Posted by kanesher - 26 Oct 2009 19:48

BDS, bard, BDS

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Re: Got Depression?

Posted by coby613 - 03 Nov 2009 02:19

Glad someone started this thread. It is a subject I am usually afraid to approach. I have been depressed possibly since age 6 or 7. I remember having to take a semester off second grade because of what I now know were anxiety attacks. At 15 I was molested and raped and that led to a continuing struggle with homosexuality. I believe that I am in no way gay yet this struggle, coupled with the natural depressive tendencies and all external factors make me very cynical and I do not really enjoy life very much. I'm glad that this thread was started to help people like me. Thank you battleworn.

Coby613

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Re: Got Depression?

Posted by the.guard - 03 Nov 2009 22:57

Poor guy... You may benefit from medication for anxiety and depression, as well as therapy...
May Hashem be with you.

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Re: Got Depression?

Posted by Ineedhelp!! - 03 Nov 2009 23:12

Hey Coby613,

Dont feel like you are alone on this I speak only for myslef but I am sure many poeple on GUE experience lots of depression in their struggles. I also think many people suffere from anxiety attacks as I do myself. I know what you are going through with regard to that. Medication is surely a viable option as Reb Guard recommended. This was my solution. When I start feeling an attack coming on I take the medicine and it usually works pretty well. If there is any way I can help please tell me because like I said I do have experience with anxiety attacks. Keep up the great work. Your efforts dont go unnoticed in Shomayim.

-INH

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