

7 MYTHS OF DEPRESSION



MYTH 1

“Difficult life situations cause depression”



Difficult life situations are not the cause of depression. What can cause depression is how we cope with situations. One person can suffer from a tragic experience and not be depressed, while a relatively trivial problem can send someone else into a severe depression.

“Depression is an illness you can get again and again”

It isn't depression that is recurrent, but the difficulties that life throws at us. If you react to difficult circumstances in the same way each time, by worrying instead of overcoming the difficulty, depression will keep manifesting.



MYTH 2

MYTH 3

“Depression is passed down to children genetically”



Despite extensive research, a ‘depression gene’ that makes more than a marginal contribution to depression has never been found. And it seems unlikely that it ever will be. What may be picked up by children from their parents are inadequate ways of coping with difficult life situations, which makes them more prone to depression themselves, should they go on to experience difficulties.

“Depression is always a separate additional problem”

MYTH 4

Depression is a signal that something is wrong in a person's current situation and/or the way that they are dealing with it. It is not a separate condition, unrelated to anxiety or chronic pain, for instance, to be managed long term by therapy or anti-depressant drugs.



MYTH 5

“Depression is anger turned inwards”



The myth that depression is ‘anger turned inwards’ has no biological basis. The expectation fulfilment theory of dreaming, for example, has shown that every night we dream to de-arouse unexpressed emotions from the day before, so anger cannot be ‘turned inwards’ in the long-term.

“Depression is a biological illness”

MYTH 6

Depression is NOT a biological illness. Of course there is a biological element to depression – every thought and emotion we have affects the levels of the feel-good brain chemical serotonin. If we are depressed, we have low levels of serotonin, whereas when we are positive and acting positively, levels of serotonin are high. It is the depressed mood that causes changes in brain chemistry, not the other way around. Two facts that show that the chemical imbalance idea is wrong: the vast majority of depressions lift quickly when treated with effective psychological therapy. And even without therapy, in 75 per cent of cases, depression gets better on its own within six months without chemical intervention.



MYTH 7

“When you have therapy for depression, you feel worse before you feel better”



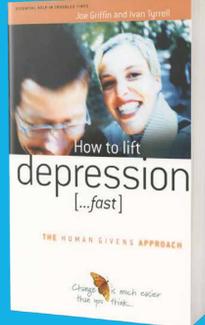
Some forms of therapy do make you feel worse. However, effective therapies help a person experience positive changes in the very first session.

For further information and references, see the below books and courses.

Despite being on the increase, depression is actually one of the easiest disorders to treat successfully and quickly – once you know how...

How to lift depression... fast
The human givens approach
by Joe Griffin and Ivan Tyrrell

bit.ly/HG-lift-depression-book



How to break the cycle of depression

Online Course

bit.ly/HG-break-depression-course



How to lift depression – the practical skills you need
One-day UK Course

bit.ly/HG-lift-depression-course



Human Givens

Find out more about the human givens (HG) approach to mental health and wellbeing visit:

www.hgi.org.uk