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In this article we take a look at Depression and life cycles stress and its subtle effect upon all of us.

I started this issue with the goal of writing about depression, since it is an area in which I know Hypnotherapy and Deep Relaxation techniques are very useful. However, I soon realised I was going to have to change my strategy. Let's face it, discussing depression may make some feel a little gloomy.

So how do you talk about depression without the added melancholy. And it came to me talk about the triggers, which by the way can also be triggers for a variety of anxieties and mood disorders.

An endless range of triggers can lead to depression, but what activates it prominently are the cycles and phases of life that we all go through.

Enjoy this article.

And good health to you always

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One of the problems with depression is that when you are depressed that is when you are least motivated to get help. Depressed people are immobile people "stuck in a rut", the word depression means to **depress or to push down emotions and feelings**.

One of the secrets for depressed people is to physically exercise. Depressed people live in the past feel powerless defeated or wronged and can also have a sense of futility about their situation. Whereas anxiety is always worried about the future and is fear based. Both depression and anxiety incapacitate the self from taking action now to remedy the situation at hand. Opposite sides of the same coin.

Is depression and anxiety either natural or normal? Surprisingly the answer is yes. It's only when we get stuck, and it incapacitates our life and diminishes who we are that it becomes a problem. It is best to deal with these issues before they reach a chronic state to nip them in the bud.

To give you life skills to utilise these skills to your benefit rather than to your detriment. All emotions are *energy in motion* and emotions allow us to adjust, correct and better our lives. This inbuilt radar should work for us in positive ways.

What I'm trying to say is that it's Ok to be depressed and anxious but not ok to be crippled by it. Where does it come from the emotional need for depression and anxiety.

Believe it or not it is wired into our instinctual survival mechanism. When we are born we have 2 basic urges a life urge and a death urge and we tend to orbit somewhere between these two extremes. Because birth is a life or death situation.

How many of us have thought privately to ourselves, "If it gets really bad I'll just leave" and then when life gets interesting we tend to hang around to see what happens.

The other area that generates depression and anxiety are the sociological constructs that we base our lives on, that is the society in which we live.

Society is extremely dis-empowenng emotionally, physically and intellectually. The orientation by society or by the sociological constructs by which we live sets an impossible expectation that is rarely met by any of us. An example of this is the subtle commands to women to always look beautiful and not age beyond their early 20's

For men, they're absolute failures unless they look like a screen action hero and have a six figure income. These ideals and expectations become so ingrained in our subconscious mind that we persecute ourselves inadvertently and our loved ones.

Another example is the high suicide rate of adolescents and teenagers brought on by the pressure put on them as children by their otherwise doting parents to always achieve excellence and to never let them down.

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This article and the information contained within does not intend to replace medical advice. It is not meant to be used for self diagnosis or treatment of medical or physical problems, either directly or indirectly. The intent is simply to offer information of a general nature to assist you in the quest for health and physical fitness

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The unrealistic expectation of straight A's, sports performance, suitable career choices, perfect behaviour, and looking good is a pressure no one can live up to. Especially, with the confusing messages that society gives,

"Excel, be an individual, but don't rock the boat and remember to remain a shade of grey."

Lets look at the growth phases in our lives and the developmental angst that goes with it.



TIME CYCLES and LIFE PHASES:
a brief synopsis — Your guide to life

Cycles of change in life occur all the time, however the ones that cause deep re-assessing occur around every seven years, and earmark changes in growth and attitude and maturation.

Zero to Seven: The child is totally dependant on parents (traditionally the mother) and the security of family structures are laid down and the personality of the child is molded from the home environment. Children may experience during this phase, "Night Terrors", Bed Wetting" wanting to stay in the parents room at night, The orientation is always on "self" even though school introduces external rules and structures, the imagination is still the major learning key during this cycle.

Seven to Fourteen: The first maturation point is seven, here the child develops the first steps of logical rational thinking and friends "outside" the family develops (traditionally influenced by the father). Socializing begins through independent choice of friends and thinking. They tend to break away from tight family conditioning and form their own opinions. The orientation is on how the "self" is instantly gratified and how the "self" evaluated and accepted by others. the imagination is still the major learning key during this cycle although influenced by thoughts and the beginnings of consequential thinking and actions.

Fourteen to Twenty One: The second maturation point is fourteen. The onset of puberty, physical growth and "angst" usually hormone based. The child is now a teenager and will grow towards full adult size. Usually the hardest cycle as the teenager rebels, demands and tries to exert personal authority. Usually during this cycle deep emotional wounding can develop if not handled skillfully, as the teenager with the onslaught of physical, emotional, sexual and mood changes tend to run them, and not the other way around.

It can be a roller coaster as the teenager, not yet fully equipped for adult hood and mature decisions, tries to be. This is a time of "breaking away" from the family conditioning and a search for "where they fit in", in society begins.

Twenty One to Twenty Eight: The third maturation point is Twenty One. The beginning of young adulthood. A time of challenging the world, choosing a career path or starting a family. During this cycle most things are possible and the young adult usually want everything ! A time of laying the foundations for life choosing a partner, friends, travel, money, career, family and power.

Twenty Eight to Thirty Five: The fourth maturation point is twenty eight a time of change and review. A time of coming of age, reviewing achievements and failures. This can be a painful time as a sense of mortality sets in. An awareness of ebbing youth and unrealized dreams. As such many redefine their goals and life direction at this time. A time of letting go of outgrown modes of behavior lifestyle, attitudes, and relationships. In effect you grow up during this phase of your life.

Thirty Five to Forty Two: The fifth maturation point is thirty five, a time realization and check point, that you are on track and following your life's purpose. A sense of reaching out for your destiny beckons during this phase. For other's it is a wake up call known as your "mid life crisis" that pulls you back on your path. Some try to recapture youthful times or want to be around youthful energy during this phase of life.

Forty Two to Forty Nine: The sixth maturation point is forty two, a time of personal achievement and power. Always re-assessing life's fulfillment or addressing where it is not. A time of ageing and being aware of maturity, planning ahead. Being aware of death as family relatives and friends pass over. A time where health issues may arise and relationships are re-affirmed or created new.

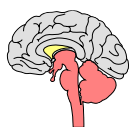
Forty Nine to Fifty Six: The seventh maturation point is forty two, a time where grandchildren may appear to be more meaningful in your life, or causes to better the environment and lifestyle of others. A pinnacle in your life that prevails success and respect. Many take on different projects at this time or consolidate what they have. Usually people move during this phase, some plan for retirement.

Fifty Six to Sixty Three: The eighth maturation point is fifty six, a time of hard work and preparing for retirement or working hard towards it going down the path of travel, investment and health issues. A time of inner reflection and life assessment. A possible returning to childhood dreams and goals.

Sixty Three to Seventy: The ninth maturation point is sixty three, a time hopefully for retirement and doing the things that you have always wanted to do. You retire from your main body of work but never live or your life's path. A time of doing what you want.

Seventy onwards: if good health prevails, the rest of one's life is a time of legacy and personal endeavors predominate. This is a more personalized time in your life.

Many people often seek help during peak time cycles as unresolved issues simmering just underneath the surface bubble up. Depression, anxiety and problematical states can occur however, at any time. Understanding these cycles and getting hypnosis and deep relaxation before the peak times can often make the maturation phases easier to handle.



Integration is the key and with Hypnotherapy Counseling and deep relaxation you can strengthen establish and redefine your values, self worth and goals.

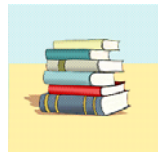
If you are depressed or anxious, getting assistance from your health care professional is essential in any treatment strategy

I work with doctors and health care professionals and can map out a viable treatment plan or simply work within the one you have.

The power of the internet is vast and with Skype, it does not matter where you are in the world, you can arrange an appointment with me.

Lets take a look at parental conditioning of anxiety and depressive states. And healing strategies.

Remember that this topic is so vast that volumes have been written and this is only a small overview of the depression and anxiety.



What is a Depression ?

<http://www.depressionet.com.au/sod.html>

An official definition of depression.....

Source: World Health Organisation's

International Classification of Disease

- Two weeks of abnormal depressed mood
- Loss of interest and decreased energy
- Loss of confidence
- Excessive guilt
- Recurrent thoughts of death
- Poor concentration
- Agitation or retardation
- Sleep disturbance
- Change in appetite

Mild depression includes the first two symptoms and at least one other. Severe depression is the first two symptoms and at least five others. People with depression experience many of the following for prolonged periods: sadness, lethargy, helplessness, hopelessness, worthlessness, difficulties with decisions, memory concentration, loss of interest, energy, changes to sleep patterns - difficulty sleeping or staying awake, changes in weight - either significant loss or gain in weight, relationship problems with partners, friends, family, colleagues, isolation, thoughts of death, suicide, anxiousness, unusual fear or feeling panic.

TYPES OF DEPRESSION

<http://www.depressionet.com.au/sod/types.html>

- Severity' (mild, moderate, severe)
- Reactive Vs. Endogenous Depression
- Bipolar Disorder
- Seasonal Affective Disorder (S.A.D)
- Dysthymic Disorder
- Cyclothymic Disorder
- Post Natal Depression (P.N.D)
- Clinical Depression
- Non Specific

Mind Mastery

Every time you have a negative thought, say "**Delete**" in your mind. The trick is to be "**consciously**" aware and replace the negative with an appropriate positive Thought or strategy



Parental Disapproval Syndrome

The Wiring of Depressive States

Quote "Probably about 75% of the messages received by the typical infant (pre-speaking age) in our

culture consist of words like "BAD!", "NAUGHTY!", "NO!", etc, as parents try to prevent them making a mess or injuring themselves. Since our parents said they loved us, and since they disapproved of 75% of our activities, it's no surprise that we internalize the following:

LOVE = DISAPPROVAL" **End Quote**

Marie Fraenkel
A Professor of Code Psychology
at Rosenkreuz University, Zurich

Parental Disapproval Syndrome: **How we invalidate ourselves to win love & approval.** Invalidate has the word invalid (cripple) within it. How we cripple ourselves to fit in, conform, behave, be loved, and even then that positive love we crave and hope for by invalidating ourselves is never received.

We internalise our parents to varying degrees, and then spend our lives disapproving of ourselves, which leads to low self image, low self esteem and depression.

PDS has some good intentions but it always gives a negative result.

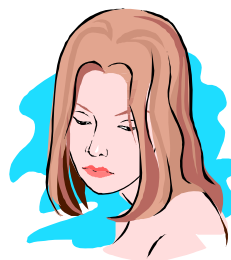
*95% of who we "think" we are is told to us, while growing up, by those who do not know us at all
We take in what they say and make it real.*

Your parents will give you all the mis-information you need to get it right.

What is un resolved with a parent is then attracted to us in relationships until healed

Feel free to browse my website
And contact me if you
want to establish
strategies and healing processes
For health and well being

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Negative Thoughts

The reinforcing of Depressive States

Parents make the mistake through language and action of making the child wrong personally, rather than what they "did" wrong. Seed thoughts such as "your stupid", rather than what you did was stupid, predominate in our language. Just walk into any mall and watch the negative training kids get from the word go.

Then our early friends, teachers and associates, gave us the thoughts such as "stupid", "dumb", "unlovable" and thoughts like these became the foundation of who we are. What we build upon, Who we then feel we are.

We think around 30,000 thoughts a day, built on the foundation of a few negative thoughts. The subconscious mind never sleeps and never delineates what is right or wrong. These thoughts are energizing and producing results for you, internally and externally—all the time... Forever.

A grouping of like minded thoughts access deep feelings — either good (Positive in action) or bad (debilitating in action) Just waiting to be triggered by external and internal experiences. One feeds the other and your personal reality becomes real and true. If you think your stupid, you will pull events to you that mirror and reinforce that belief, you will get it right every time.

Years ago, a friend of mine, a work associate not in the hypnotherapy arena, would tell me how bad the world is, he would point out facts to reinforce his beliefs in this all the time. He was a chronic depressive worrier.

He would spend an enormous time and energy trying to depress me. He read the obituaries every day as part of his daily routine. A way to prime his negative day. I said to him once, "why do you read the obituaries? You will never read your name there" He looked startled, and then he just laughed, He was still a depressive, but never to my knowledge read the obituaries again.

Negativity looks to be fed to be reinforced and if challenged the persons negativity will even defend and justify its very existence. The negative mind mass will even go to the point of suicide activating the Unconscious Death Urge.



Unconscious Death Urge
End Game of Depressive States

The death urge is your negative mind mass (Depression) that usually overcomes the rational mind (thinking) and this sets a path that may kill you.

The unconscious death urge can manifest itself from mild (depression, hatred of self, low self esteem, , lack of confidence, anxiety and fear) to extreme (death wish, reckless activities, self harm, harming others and suicide).

All depression wells up from within the unconscious death urge. The urge not to be here. **"Pain is the resistance to loving yourself more fully"** All depression and death urge activities are rooted in emotional pain. All emotional pain is rooted in the unconscious death urge.

It is where your death urge gives itself the ultimate reward:.... Death. However, this can take years and years and can be a slow ride or a fast slide. To understand this we have to look at energy.

In nature, energy is expressed as the sun. The rays of the sun, shining bright, full of energy and expansive. This is representative of the energy of growth. We see this in children and adults who have remained young at heart.

A collapsed or negative energy, in nature, is expressed by a black hole. A black hole is created by a star (sun), that has collapsed due to using up all its energy. In fact, the gravity of a black hole sucks everything into it, not even visible light can escape.

This is representative of older crusty, rigid, negative people. Negativity sucks you in just like a black hole. People who are negative aren't happy until the people around them are also in a negative state.

The worst thing you can do, is try to cheer up a negative person. If you think of a black hole, the gravity of their negativity will simply suck you in and you end up with a flat battery, i.e. depleted and negative. You don't have to defend the negativity, you simply choose not to join it.

Above all empowering your life urge and therapeutically resetting it strong and powerful



Treatment Plans
Client Participation
The teaching of self Empowerment

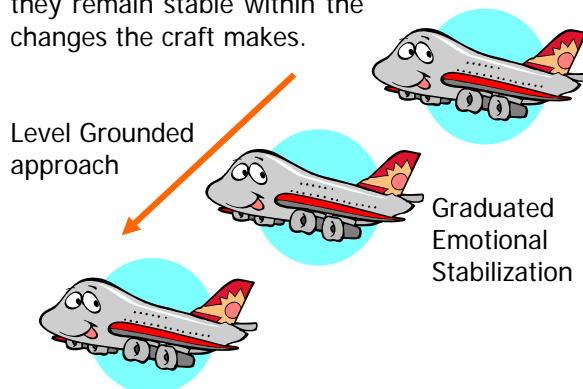
Empowering your participation in your own healing is essential in managing your depression. Or at best , beat it. Let me help you. Email or simply call now

We know that sad depressed thoughts change the chemicals in your brain, happy chemicals reduce and the person finds it hard to do anything.

Changing thoughts change brain chemistry
A possible strategy plan I may incorporate depending on the level of anxiety or depression.

- Hypnotherapy | Deep Relaxation
- Set achievable goals, celebrate them
- Create a mind map, goal plan, treasure map
- Affirmations self talk
- Appropriate reframe NLP techniques
- Step by step approach
- Ancillary Therapies & treatment
- Physical Exercise
- Habit changes (i.e. give up alcohol et)
- Humour therapy
- Nutritional
- Body work therapy
- Breath therapy
- Diary
- Medical / Doctor

I like the gentle approach is what I call the airplane taking off and landing approach The passengers inside the craft are almost oblivious to the descent as they remain stable within the changes the craft makes.



In therapy we gently guide you to a place you want to be Gradually. The emotions remain stable yet working towards the outcome that we want.