

Pandemic Emotions
25+ Ways to Treat Your Own
Depression

Dr. Lois A. Dodds

Heartstream Resources

www.heartstreamresources.org

July 15 2020 Thrive Gather Retreat

Request permission to reproduce for
non-profit, educational use or for more
than one page or translations, contact
Dr. Lois Dodds

Dr. Lois A. Dodds

Heartstream Resources

heartstreamresources@hotmail.com

717-444-2374

www.heartstreamresources.org

Why should you listen to me?

- 50 years in missions! 23 WBT
- Mom of 3 MKs
- Wife of missionary physician
- Developmental psychologist & counselor
- 50 countries, 100+ cultures
- Co-founder Heartstream Resources for Global Workers
- A few degrees while “on-the-go”



Depression—we can beat it!

- It's normal
- Especially in pandemic & turmoil, it is logical!
- Most people suffer depression.
- Most recover in 6 months.
- It is not a disease; that is a 20th century idea.



My experience: I am a pro at depression.

- Since early childhood
- Probably genetic
- Many ACEs (adverse childhood events)
- Melancholy personality
- I learned early I could overcome rather than succumb.





**“Life isn’t about waiting for the storm to pass...
its about learning to dance in the rain.”**

Vivian Greene

5 facets
of you
are affected
by
depression

- Spiritual
- Physical
- Actualizing (potential)
- Relationships
- Emotions

SPARE YOURSELF!



I can make “a framework for my day”
with these habits. (my client)



4 Spiritual Habits



1 Meditate on Jesus!



**# 2 Tell God!
...every detail
with voice
or pen.**



3 Make Music!





4 Praise
and pray:
Your constant
dialogue with
God.

8 Physical Habits





5 Open the curtains! Let in the light!

FROGGY GETS DRESSED

by JONATHAN LONDON
illustrated by FRANK REMKIEWICZ



6 Get
up!

Get
dressed!

This Photo by Unknown Author is licensed under CC BY-SA



7 Make your bed.

8 Have a “cuppa” tea or coffee...

...while you meditate
& read the Word





9 Take a walk!



10 Eat every color!

11 Sleep!



12 Plant something!





6 Habits to
actualize your
potential



13 Bring color into your life. “Use every color in your crayon box.” (Alan Furst, artist)

My plantings on deck – flowers all day color!



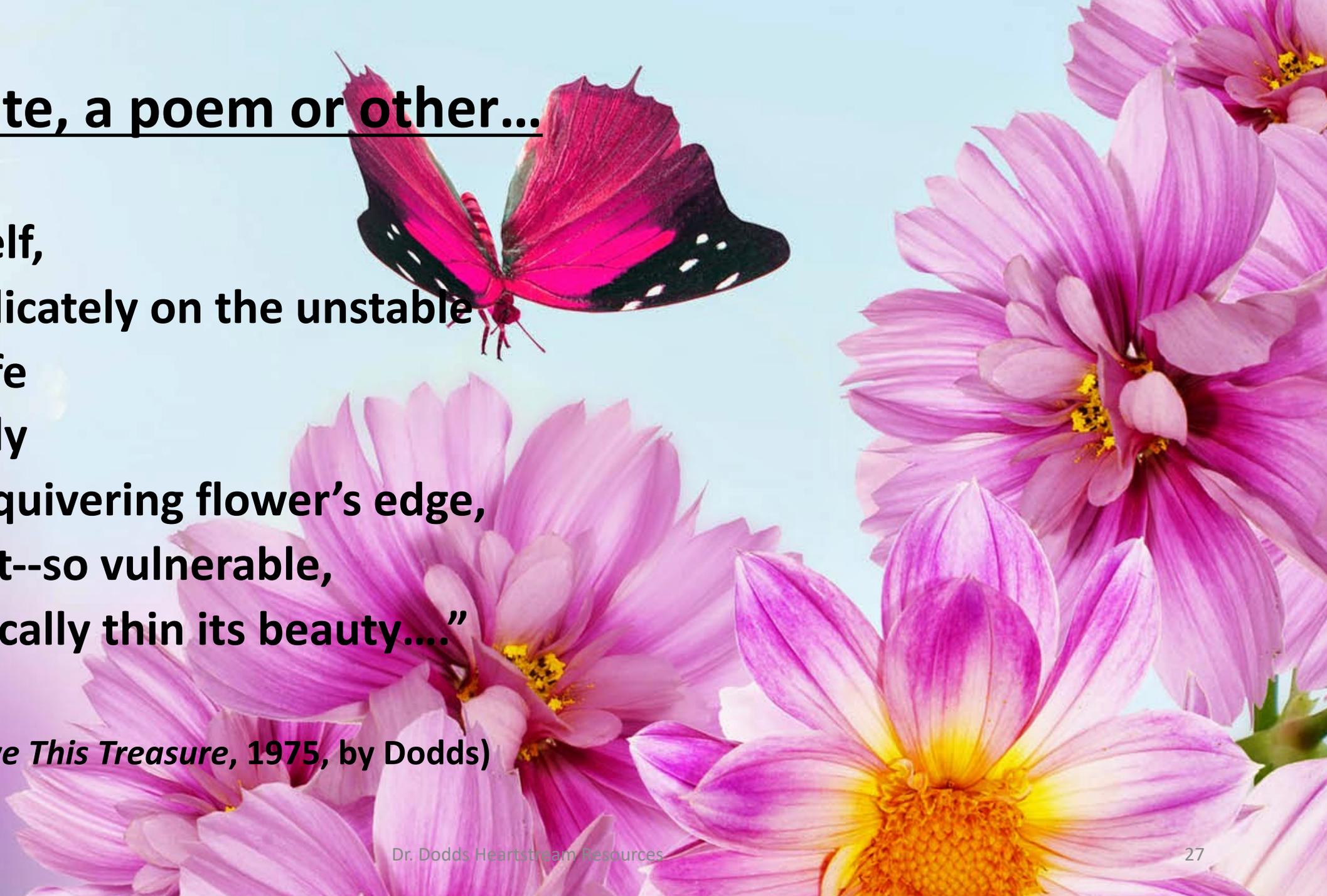
14 Tidy up! Be neat! Keep your mind uncluttered!



#15 Write, a poem or other...

**“Fragile self,
poised delicately on the unstable
brink of life
as butterfly
upon the quivering flower’s edge,
spread out--so vulnerable,
so whimsically thin its beauty....”**

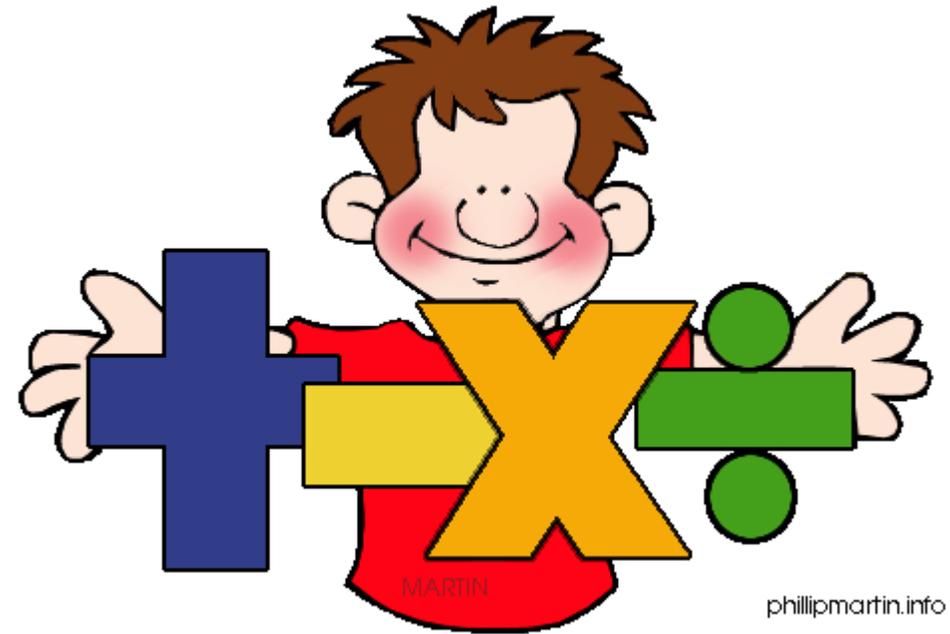
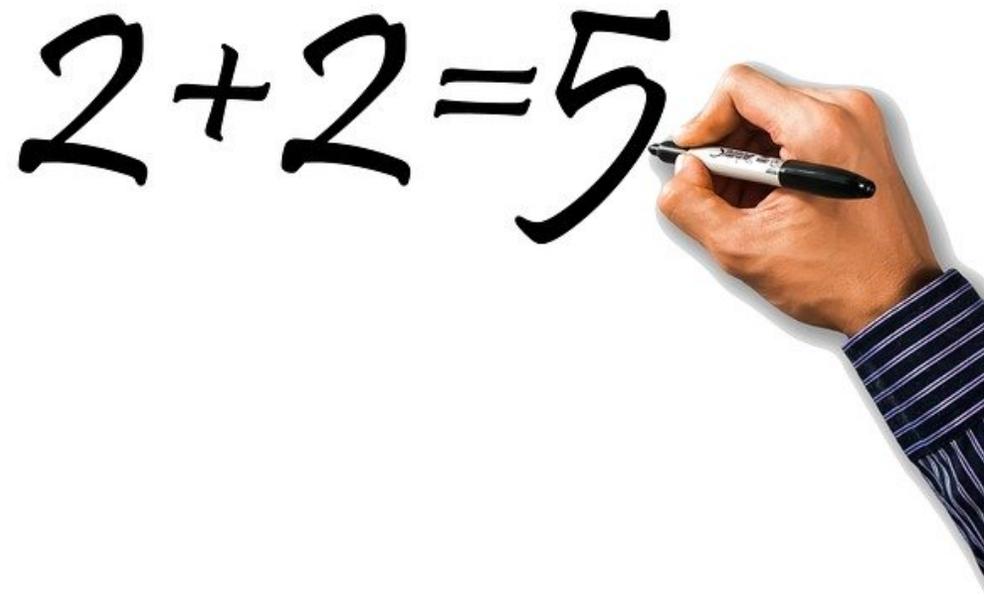
(from *We Have This Treasure*, 1975, by Dodds)



16 Think differently!

“Cognitive “restructuring” is a fancy term.

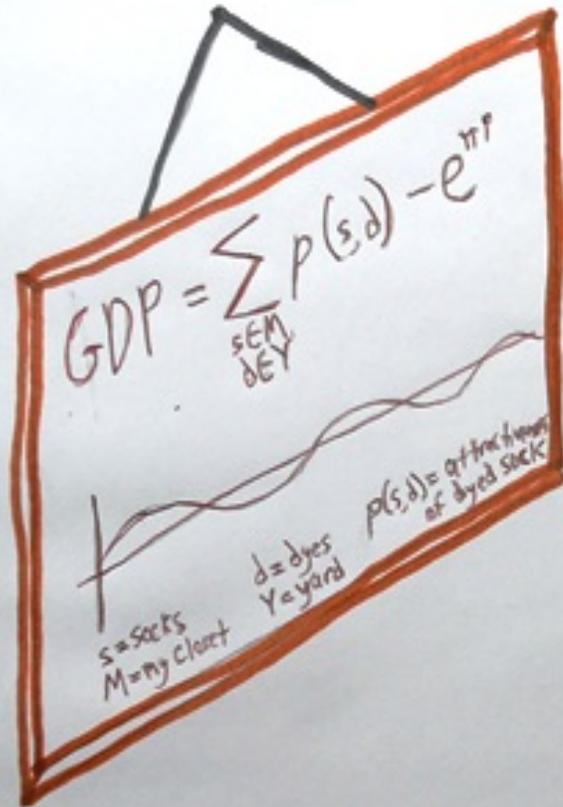
It's more powerful than an anti-depressant RX!



16 Think again!

Explain how you regroup to solve the problem.

I used my
brain



Wow! What a gorgeous mathematical explanation of the economy!



Yes... but it predicts that hairbrushes are illegal and rutabagas are currency.



#17 Think differently “Reframe” your view!

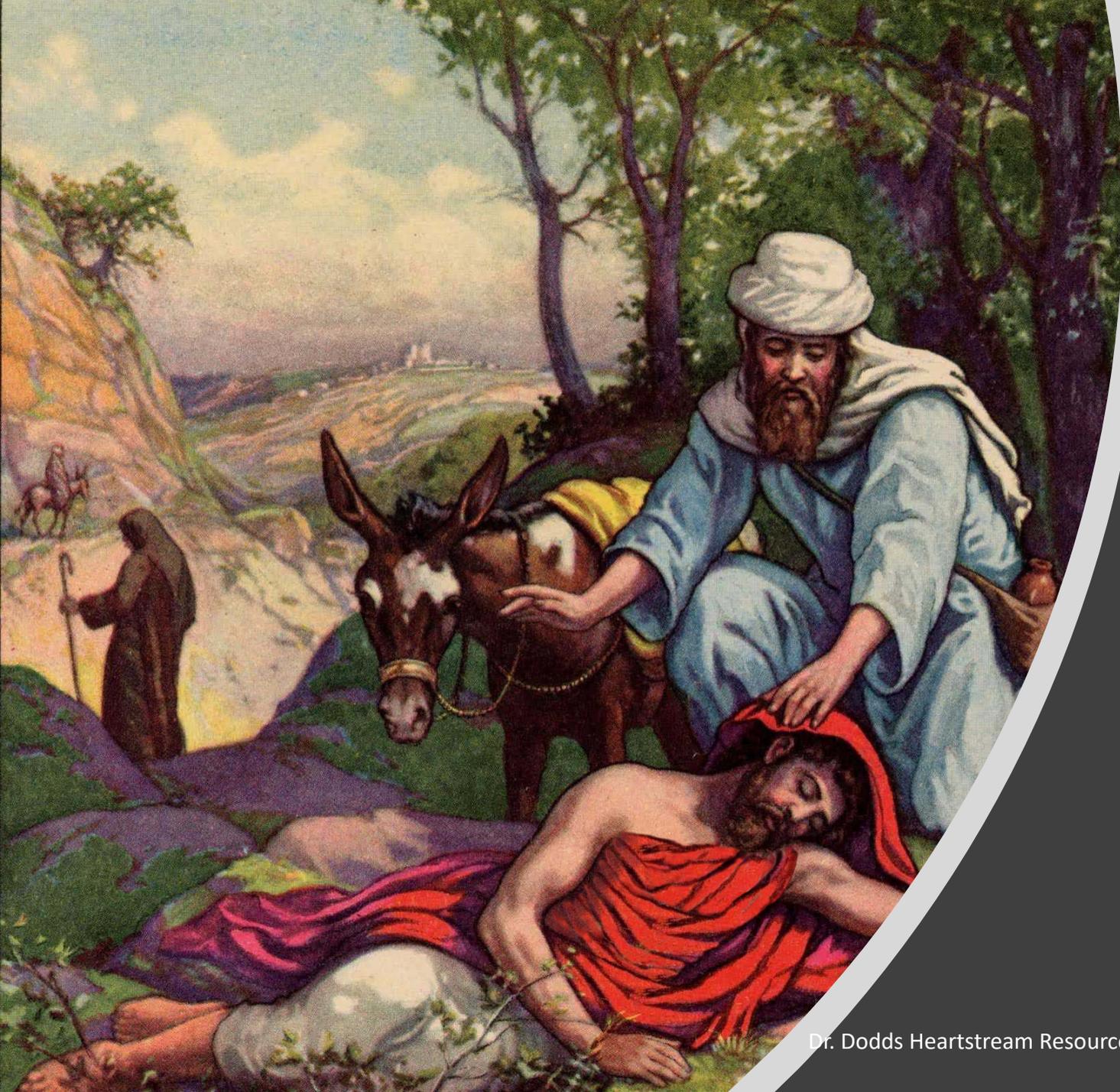




#18 Look up to
someone!

8 Relational and Social Habits:





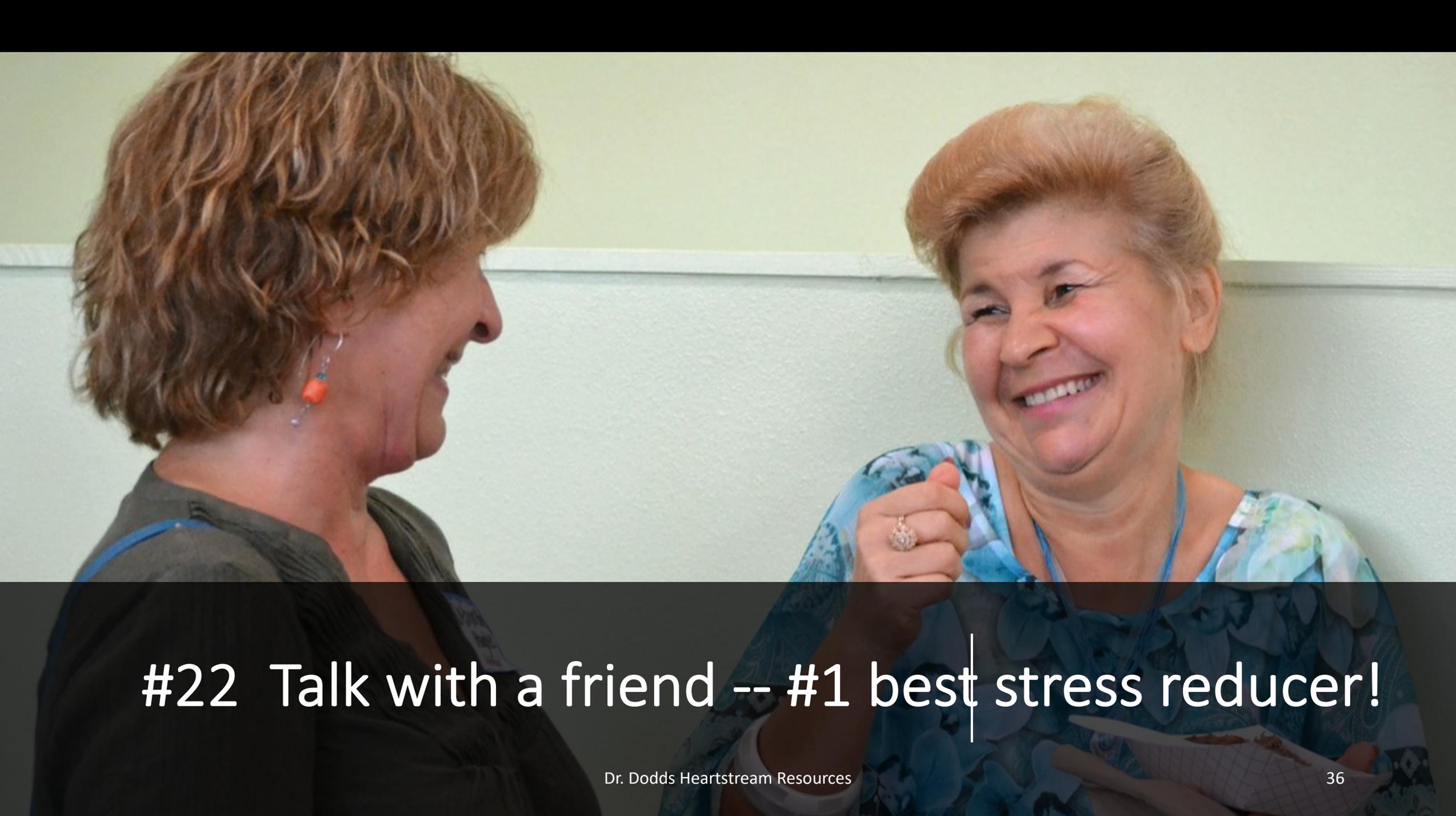
19 “Act up,”
not down as
depression
urges you to
do.



20
Do
something
nice for
someone.



21
Connect
with
people
you love!



#22 Talk with a friend -- #1 best stress reducer!

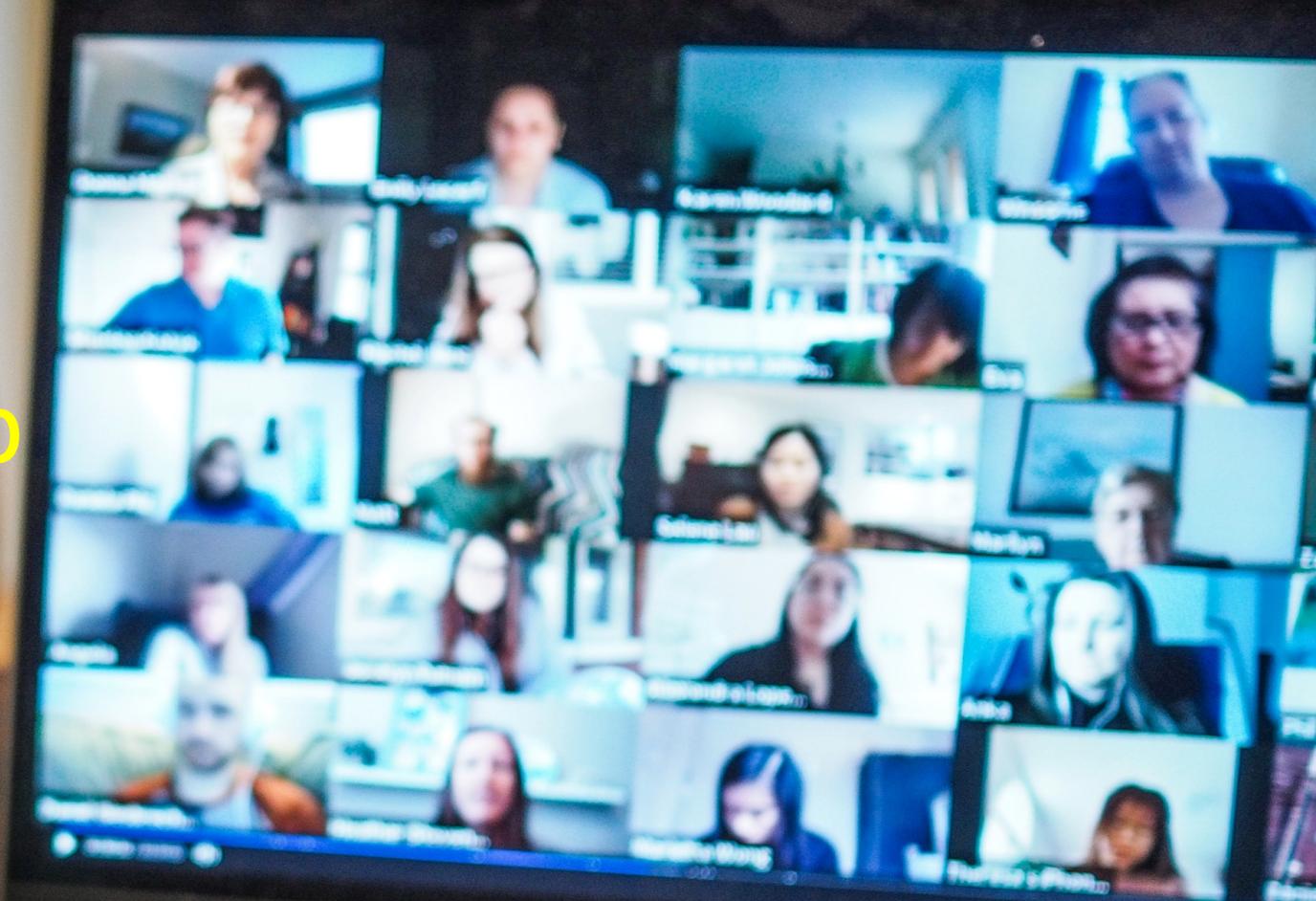


23 Laugh like Norman Cousins,
who cured himself of cancer by
laughing.



• # 24 Look at pictures of people you love.

25 Join a virtual group



A gentle answer
turns away wrath
but a harsh word
stirs up anger.

Proverbs 15:1



This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

26
Give a
soft
answer.

4 Emotional habits to fight depression.



A woman with short blonde hair, wearing a bright blue long-sleeved shirt, is shown in profile on the left. She is looking towards a framed photograph on the wall. The photograph shows her from the chest up, wearing the same blue shirt, with her arms crossed. The background of the photo is a soft pinkish-red. The entire scene is set against a dark blue background with a large white curved shape on the right side.

Self Talk

OLYMPIA

27 Talk to yourself with positive words!

+ (It's 4 again)
Pray
some more!





+ + Emotional

• # 16 again—laugh
some more!



This Photo by Unknown Author is licensed under [CC BY-SA](#)



+++ Emotional

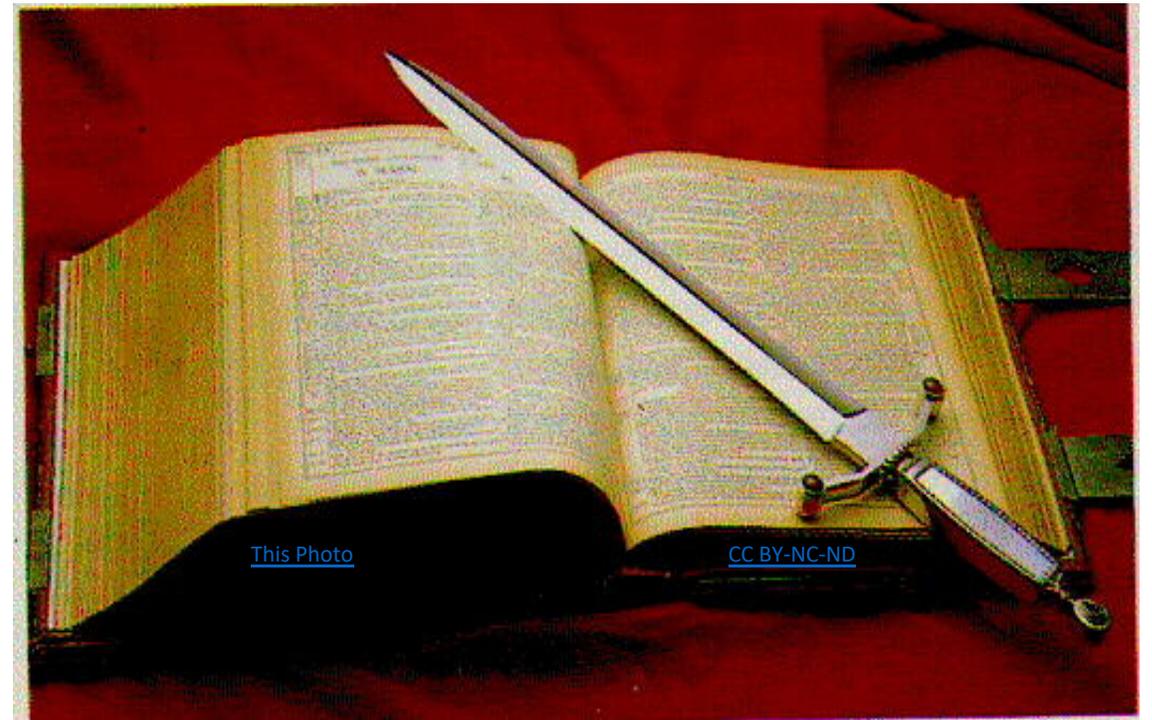
**# 20 again. Connect with
people you love!**

Does this really work? Examples in my life:

Birth of first grandbaby plunged me into depression! Paradoxical!

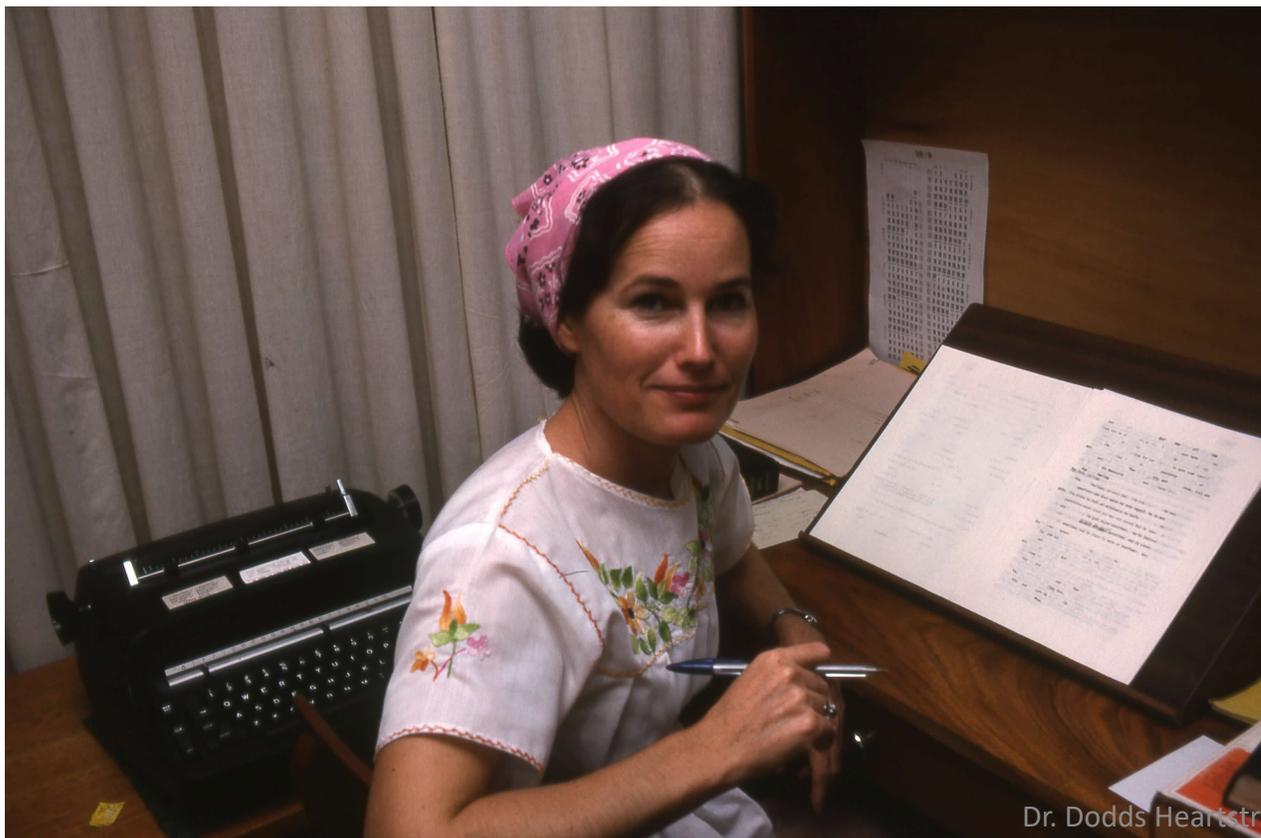


I had to fight major spiritual battle.



Does this work? Examples from my life...

**Peru jungle:
spiritual attacks of depression.**



**During dissertation writing:
a profound depression.**



Living in a dark cave with my life outside.

But Jesus is the light of my world!

Jesus—the Great Physician— our Healer!



Request permission to reproduce for
non-profit, educational use or for more
than one page or translations, contact
Dr. Lois Dodds

Dr. Lois A. Dodds

Heartstream Resources

heartstreamresources@hotmail.com

717-444-2374

www.heartstreamresources.org