

## Core Services

- + Individual Mentoring
- + Family & Group Guidance
- + Children Assessment & Development
- + Expressive Therapy
- + Myers-Briggs Type Indicator (MBTI)
- + NOW Hypnotherapy

- \* Stop Smoking
- \* Lose Weight
- \* Reduce Stress
- \* Manage Pain
- \* Improve Performance
- \* Enhance Self Esteem
- \* Discover Yourself

## + Other Programs

- \*Rational Effective Approach to Parenting (REAP)
- \*Anger Management & Resolution (CARE)
- \*Stress Management
- \*Self- Esteem Enhancement
- \*Emphatic Communication
- \*Knowing Yourself

For further information, please visit our website

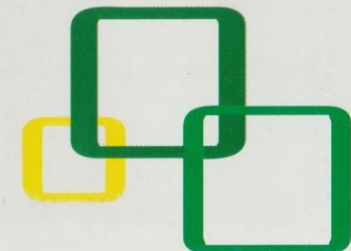
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## Depression : A common problem.

We all feel down every now and then, right? We've all experienced feelings of sadness. These feelings are generally brought about by unpleasant events in our lives - like breakups, loss of something important, arguments, etc., and they are usually temporary. If the feeling "crummy" is acute or long lasting, then we may be talking about a serious but common illness called depression.

### Three types of Depression:

**I Major depression** - also known as unipolar or clinical depression. People suffering from this have some or all of the symptoms of depression for at least 2 weeks or longer. Episodes of Clinical Depression can occur more than once in a lifetime.

**II Dysthymia.** In dysthymia, the same symptoms of depression are present except milder. These symptoms last at least 2 years. People with this can also experience episodes of Major Depression. That is sometimes referred to as "double depression."

**III Manic-Depressive or Bipolar disorder.** This is not nearly as common as the other forms of depression. It is characterized by disruptive cycles of depressive symptoms that alternate with euphoria, irritable excitement or mania.

## Symptoms of Depression.

- Change of appetite with either weight gain or weight loss
- Change in normal sleep pattern - sleeping too much or too little or chronic early-morning awakening
- Loss of interest or pleasure in hobbies or activities
- Persistent sad, anxious or "empty" mood
- Restlessness, irritability, or excessive crying
- Difficulty concentrating or making decisions or remembering
- Fatigue or loss of energy
- Increased feelings of guilt, worthlessness or hopelessness
- Thoughts of death or suicide or suicide attempts
- Persistent physical symptoms that do not respond to treatment - headaches, digestive disorders, chronic aches and pain.

A thorough diagnostic evaluation is needed if five or more of the listed symptoms persist for more than two weeks or if they interfere with work or family life. An evaluation would include a complete physical checkup and information gathering on family health history.

It is important to note that not everyone with depression will experience each of these symptoms. The severity of the symptoms will also vary from individual to individual.

## Treatment of Depression.

The good news is that Depression is a treatable illness. The sad news is that most people do not seek treatment.

The idea that one's condition is "incurable" is often part of the illness. In reality, even severe depression can be highly responsive to treatment. As it is with all illnesses, the earlier treatment begins the greater the chance of preventing serious recurrence.

As a first step, a thorough physical examination is recommended to rule out any physical illness that may cause depressive symptoms. Consult a physician, psychiatrist, psychologist, clinical counsellor, or other mental health professionals.

### Steps to Healing

- i. Recognize the signs of depression
- ii. Talk to a Health or Mental-Health Professional
- iii. Choose a treatment professional and treatment approach.
- iv. Consider yourself a partner in treatment - and be an informed consumer
- v. If you are not comfortable after 2-3 months, discuss this with your provider.
- vi. A second opinion may be recommended
- vii. If you experience a recurrence, remember what you have learned about depression and coping with it. Do not shy from asking for help again.