DEPRESSION, THE FUTURE AND MINDFULNESS

Depression is a debilitating emotional condition. It affects a significant number of people in the UK and we certainly see it in many clients who seek help from Olive Branch.

Depression often emanates from anxiety and anxiety is rooted in the primary emotion of fear. Fear itself is all about the future – the future that we cannot predict or have any real control over. George Harrison (of Beatles fame) once said ‘We cannot relive the past, we can only learn from it. And as for the future, we don’t know if there is one. All we have is the present.’

When we are anxious or depressed we often start playing one or more ‘dangerous games’ about the future and these are guaranteed to re-enforce our already low mood. These ‘games’ are

* What if……
* If only……
* Yes but…..
* It’ll be alright when…..

Taking the correct medication and paying regular visits to our GP is very important but Mindfulness can be a very useful additional method of helping with depression since it helps us to focus completely on the present moment. Such techniques as ‘safe place’, breathing and relaxing music or sound are beneficial if you are able to take regular ‘time outs’. However, the principle of Mindfulness is also just as effective. This involves focussing on the task or issue at the top of our list and only moving to the next problem when we have dealt with the current one. If you need an excellent illustration of the above, observe your cat, dog or small child. They live completely ‘in the moment’ and are not interested in the future. They are brilliant at Mindfulness

So if you find yourself slipping into a low mood and starting to play ‘dangerous games’ come and talk to us at Olive Branch. We are here to help