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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**8 Things You Can Do For Someone Suffering from Depression**

**By Susan Dunn**

**8 Things You Can Do For Someone Suffering from Depression by Susan Dunn,**

**Professional Coach**

Someone suffering a clinical depression needs medication and therapy. In addition, here are some things you can do for them as a loving person in their life, or as their personal life coach.

1. Be clear in your mind that they need medication and therapy, and project this. Encourage them to continue both. Make it clear it's now the new routine.
2. There should be Guide Dogs for the Depressed. If the depressed loved-one or client in your life doesn't have a companion pet, give them a well-trained, easy-to-manage, older one. This is particularly important if they live alone. Specify that you will take care of the dog in terms of vet care and bills, and provide a starter-kit—huge bag of dog food and container, food and water dishes, bedding, etc. In other words, make it easy for them to accept this healing gift. I have a depressed coaching client in Manhattan suffering the aftermath of Nine One One who mostly talks to me about her beloved companion dog. I consider "Cody" part of the healing team for this woman.
3. Make any decision you can for the person. In other words, don't say "Would you like to go out for dinner tonight? Where would you like to go?" Say instead, "We're going to Bijan's tomorrow night for dinner. I'll pick you up at 7:00. Just wear your jeans." Once there, offer to order for the person.
4. Speak in normal, modulated tones. Avoid an overly-'compassionate' look of concern or a patronizing tone of voice. If they have trouble making a decision or remembering something, keep your eyes from looking overly concerned or worried. This will only add to their worry and confusion.
5. Just be with them. Don't hover, try to cheer them up, argue, try to 'get a rise out of them,' or ask them 'talk about it.' Cognitive processes are slowed, and emotionally, they're in conflict. Under those circumstances, it's difficult to talk. It's hard to connect with people, even best-beloved ones, when you're clinically depressed—hard to maintain eye-contact and to follow long sentences and thoughts. A metaphor I use is play lacrosse with them, don't face off with them on the football line. Be 'around' them, not 'in their face.'
6. Don't put them in a position that would arouse emotions. Celebrations, holidays, receiving gifts, or a long discourse on foreign policy all require a level of involvement the depressed person is not capable of.
7. Be grounded and stay centered yourself. Remind yourself of your love for them that will endure

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"even this."

8. When the person begins to heal is a wonderful time for them to have a coach.

Susan Dunn is a personal and professional life coach, and author of the hot new ebook "Secrets to Marketing Prof. Services Online (on her web). Email her for FREE ezine, 100% FREE.

### **Depression After Divorce**

**By Stephen White**

Divorce may be sad, but that doesn't mean you have to let yourself fall into a spiral of depression that you can't get out of ever again. Divorce is a reason why many men and women alike find their selves fighting depression. Depression is a problem when you rely on another person, and your marriage ends. Splitting up can be difficult. The changes in your life can feel as if they are overwhelming but with the right treatments, they don't have to be. Realize that for some, divorce is the best option especially if there are children involved.

Depression treatments are available for those suffering from depression due to a divorce. Remember, children are affected by divorce too. This type of treatment could be short term, depending again, on the individual and their personality. If you are a strong willed person, and are finding that depression is seemingly overwhelming you, you can get a hold on it, and put your life back in order. Treatments for depression could include natural methods, therapy, rest and relaxation, group therapy, and even medications. Every person is a bit different in regards to changes in life, and how these changes are handled. Children need special attention during a divorce. Let them know that you still love them.

Relationships as long as a marriage should not be broken off easily and without much forethought. There is no limited to those who could suffer with depression. The main symptoms that a person will notice involving depression are those of feeling unhappy, unfulfilled, and even unworthy of living. If you are feeling different after a major break up or divorce, this is because you are different, your life is different. If you feel that you just can't handle it anymore, that you need help, you most likely are suffering from depression. Depression is brought about often times, by major changes in life. If you are sure you are getting divorced, and you need a little assistance in handling the situation, you can seek help by visiting with your family doctor. At the very least, they can give you some options for you to consider.

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