

THE CAVE OF DEPRESSION

you can dig your way out!

Ever wondered what it's like to be in the dark cave of a depression? Where day to day functioning becomes difficult?

"Having a shower is more of a chore than usual. Eating food just doesn't even cross your mind... everything just feels out of control really...."

You don't care to see friends much, you don't have a good time anyhow. They laugh, you manage to turn up the corners of your lips in something resembling a smile.....

In fact, it's easier to just stay in bed most of the time, not that you sleep properly, it's exhausting to get up, and that's after running around in your head the whole night....

It's easier to just hibernate from the world really.....It's hard to have a conversation with people, difficult to string the words together, much less read them off a page ...It's all just clouded thanks to the fog in the head and heart.....it all feels numb inside.

It's so hard to put your finger on it, to describe the intangible pain to other people, but the pain sure feels very real."

Would you believe that 1 in 5 Australians experience this Cave of Depression in any one year? It's common & it can be debilitating.

Believe it or not, Depression can be a blessing in disguise. It can serve as a clear signal that something important in your life needs to change. What brings on a Depression can vary, from personal, biological, social, community and environmental factors. Exploring the possible sources is a start to getting out of the Cave.....

There is so much you can do to get out of the Cave.

With both a self help attitude and the right professional help, you can learn how to manage the Depression and minimize its negative impact on your life and relationships....

What if someone's showing some signs of falling into cave; like trouble sleeping, changed appetite, withdrawing socially, negative mood changes and negative talk?

1. If these changes
 - a. seem to be creating difficulties for them in managing daily life as they usually would and
 - b. it's occurring over a period of a few weeks, approach them non-judgementally and highlight you've noticed some distress.
2. Let them know they could be signs of Depression, which is common given 1 in 5 people experience it
3. Let them know that targeted and common professional help is available. Seeing their GP is a start. They can then refer them to a mental health specialist, a Psychologist and/or Psychiatrist. This also enables them to get Medicare rebates for their sessions with either.
4. By going to a mental health specialist, they can help nip the symptoms of a Depression in the bud sooner rather than later. It doesn't have to take a lifetime of therapy!

Quit running around the cave by not getting the most appropriate professional help available. All the self help strategies you want to implement then become a lot more effective in empowering you.

So have you fallen into the Cave of Depression? Pick up your tool of self help, head toward the appropriate professional support to help your dig your way out of the Cave & live the Good Life.

- Dr. Elizabeth Celi, PhD, MAPS Health & Exercise Psychologist, Speaker, Trainer. M: 041 333 8237



The Secret is in the Service... Lase By The Sea

Now is the time to consider rejuvenating sun damaged skin. Known for their excellent results and service, come in to Lase by the Sea and allow their specialist nurse to rejuvenate your skin.

Lase is also introducing lipodissolve, fat dissolving injections in those hard to budge areas such as abdomen, back of arms and double chin. Proving to be very successful is the two new generation lip fillers Juvederm and Esthelis for those clients wanting longer lasting results.

Juvederm injectable gel is a new, next-generation, natural injectable gel which acts as a skin 'filler' to gently restore structure and volume to skin.

Juvederm is used to softly enhance your lips or to smooth out facial wrinkles and folds, providing a natural look and feel.

Are there side effects?

Because the HA in Juvederm is naturally present

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The injection itself should cause minimum discomfort, and if experienced, side effects are generally temporary injection site-related effects, the majority of which last 3 days or less. The majority of people resume their normal activities immediately following the procedure.

A30 Cosmedix Treatment

As we all know winter months can play havoc with our skin, drying effects of heating can make our skin dull and lifeless. A 30 minute cosmedix treatment can rejuvenate and minimize fine lines,

Call for your free consultation with their specialist to evaluate your needs. Ph. 9783 9779