



DEPRESSION - 'LET'S TALK'

ARTICLE WRITTEN BY SALLY BATTLE

Depression is considered to be the largest cause of disability worldwide and in Australia alone it is estimated that 1 in 5 women and 1 in 8 men will experience a major depressive disorder at some point in their lives.

The manifestation of depression takes various forms and can have a profound impact on a person's quality of life. From persistent feelings of sadness and lack of interest in daily activities to seasonal shifts in mood, depression can be debilitating. Recognising the signs, adapting helpful behaviours and seeking appropriate support are crucial steps towards recovery.

CAUSES OF DEPRESSION

Depression can arise from a combination of external and internal influences such as traumatic life events, chronic stress, imbalances in brain chemistry and genetic predisposition. Another common contributor to depression described by Dr John DeMartini is - Unrealistic Expectations where individuals anticipate only positive outcomes or dwell solely on negative possibilities.

When we have expectations of life experience either being only positive or only negative we set ourselves up for imbalance, disappointment and despair.

IDENTIFYING DEPRESSION

At its worst depression can lead to self harm and suicide so it is important that we all have the tools to identify when our friends, family and acquaintances are struggling.

Safe TALK : A TOOL FOR INTERVENTION

The Safe TALK acronym, developed by Hollow Air Force Base USA, provides a simple yet effective framework for identifying and supporting individuals struggling with depression.

T : Tell - Pay attention and tell when things don't look or feel right (ie) people often express subtle signs of depression through their behaviour or words.

A : Ask - While it may be uncomfortable, asking direct questions about suicidal thoughts or self-harm is crucial.



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L : Listen - By providing a non-judgmental, empathetic space for them to share their feelings and experiences, you can help alleviate their burden and show that you care.

K : Keep Safe - Encourage individuals to seek help from friends, family or health professionals. Remind them that they are not alone and support is available.

CHIROPRACTIC CARE AND DEPRESSION

While traditional treatments for depression often focus on medication and therapy Chiropractic care offers a different holistic approach addressing the connection between the body and mind.

Chiropractic care focuses on optimising spinal health. Misalignments in the spine, known as subluxations interfere with nerve function and contribute to imbalances in neurotransmitters (chemicals in the brain) associated with mood regulation.

By correcting these subluxations chiropractors aim to restore proper nerve function which has been shown to help alleviate symptoms of depression by one or more of the following processes:

- Promote balancing of neurotransmitters in the brain- enhancing mood.
- Alleviate physical symptoms associated with depression eg chronic pain, which releases feel good happy hormones like dopamine.

- Promotes relaxation
- Decrease stress and the release of stress hormones like cortisol.

HELPFUL TIPS TO HELP DISSOLVE DEPRESSION

1. **Realistic Expectations** : Acknowledge and prepare for both positive and negative aspects of life - this will build emotional resilience.
2. **Gratitude Practice** : Acknowledge the positive aspects of life, even during challenging times.
3. **Mindfulness** : Stay present and attentive to both pleasant and unpleasant experiences, allowing for a deeper understanding and acceptance of reality.
4. **Seek Support** : Surround yourself with supportive individuals who can provide Perspective and encouragement during difficult times.
5. **Focus on solutions** : Instead of dwelling on problems, focus on finding practical solutions and taking proactive steps towards positive change.
6. **Optimise body function** : Exercise regularly, eat healthy and maintain a healthy spine and nervous system through regular Chiropractic care.

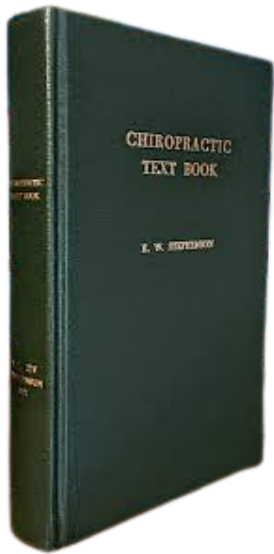
If you or a loved one are struggling with depression we would love to help provide support and guidance on your journey to improved mental health and wellbeing. Please know you are not alone.

- Sally



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The 33 Principles Series

Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called “The Chiropractic Textbook”. Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.



Here’s to a greater understanding of life and health.

Chiropractic Principle #16

Intelligence in both Organic and Inorganic Matter

Universal Intelligence gives force to both organic and inorganic matter.

In Other Words...

Universal Intelligence creates atoms, the building blocks of all organic and inorganic things. Universal Intelligence also creates force, whose job it is to organize atoms into matter. Universal force, therefore, is present within all matter.

For Instance...

Universal Intelligence creates the laws of physics and chemistry, by organizing and giving purpose to free-floating particles in the universe. These forces then organize particles into organic and inorganic “things.”

As Applied To You...

Is your beating heart made of the same “stuff” as a heart that’s not alive? Yes. Both are made of the same physical matter, and contain the same forces that helped organize this matter into a heart. The atoms, and these forces, were created by Universal Intelligence.

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH

PORK BELLY

WITH CAULIFLOWER PUREE & APPLE SAUCE

Who doesn't love crispy pork belly? Accompanied with a creamy cauliflower puree, crunchy greens and a side of apple sauce, this is the ultimate comfort meal!

**Ingredients****Pork**

- 1 kg Pork belly
- 1 pinch Changing Habits Seaweed Salt
- 1 tbsp olive oil
- 1 cup water
- 1 tbsp Changing Habits Vegetable Stock Powder

Apple Sauce

- 4 green apples peeled and chopped
- 2 tsp Changing Habits Cinnamon
- 1/2 cup water

Cauliflower Puree

- 1 whole cauliflower, stem removed and cut into florets
- 1/2 tbsp ghee
- Changing Habits Seaweed Salt to taste

Greens

- 1 bunch broccolini

Directions**Pork**

1. Leave the pork in the fridge uncovered overnight, to dry out the skin.
2. Preheat oven to 150 degrees Celsius.
3. Rub salt and olive oil into the skin of the pork.
4. Pour water and vegetable stock into the base of the baking dish and place the pork on top.
5. Roast for 30 minutes and then turn the oven up to 220 degrees Celsius and cook for a further 30 minutes.
6. Turn oven to grill and grill for a further 5 minutes until the skin has completely crackled.

Apple Sauce

1. While the pork is in the oven, place the peeled and chopped apple into a pan with water and cinnamon. Heat over a high temperature.
2. When the water starts to boil, turn down to a medium heat and place a lid on top for 5 minutes.

3. Remove the lid and simmer for a further 15-20 minutes or until the water has evaporated.

4. Transfer the apple into a Thermomix or food processor and blitz until smooth. Transfer into a bowl and set aside.

Cauliflower puree

1. Place the cauliflower in a pot and cover with water. Heat over a medium-high temperature.
2. Bring to a boil and continue to cook for a further 10 minutes until the cauliflower is soft.
3. Remove from the heat and drain the water. Place the cauliflower in a Thermomix or food processor and add the ghee and salt and pepper. Blitz until smooth.
4. Place the cauliflower in a sieve and push through with the back of the spoon into a bowl. Set aside.

Greens

1. Heat a fry-pan over a medium heat and add some of the juices from the bottom of the baking dish from the pork.
2. Cook the broccolini until it begins to brown. Remove and set aside.
3. Slice the pork and place on a platter with the cauliflower puree, apple sauce and greens on the side. Enjoy!

<https://changinghabits.com.au/recipes/pork-belly-with-cauliflower-puree-apple-sauce/>

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Your words are like a hypnosis for your brain. So don't beat yourself up, lift yourself up.



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