

# DOWNLOAD PDF SURVIVING DEPRESSION ANXIETY AND MAKING THE MOST OF BAD GENES

## Chapter 1 : Beyond Blue - Beliefnet Voices - Therese J. Borchard

*beyond blue mental illness therese borchard depression and anxiety sense of humor recommend this book making the most of bad psych ward writing style bipolar disorder blue surviving bad genes surviving depression easy to read read this book panic attacks anxiety and making bi-polar disorder suffering from depression blog beyond.*

Or if they do seek help, they later stop taking their meds or stop attending their therapy sessions. And then their bipolar blows up. Their depression sinks even deeper. Sticking to treatment is not easy. Medication has side effects. The illness itself can be stubborn, exhausting, confusing. It can all feel so frustrating. Because bipolar disorder is complex. Her first few doctors treated her for depression, which only exacerbated her bipolar symptoms. She was finally correctly diagnosed at Johns Hopkins after her husband insisted she try a teaching hospital. Martin, author of *There Comes a Light: A Memoir of Mental Illness*, was diagnosed with bipolar I after a suicide attempt. She moved from California to Oklahoma City to live with her parents so she could focus on her treatment. However, it was tough for her to remember to take her medication daily she also has ADHD, which meant she often skipped it. It took 40 years for her to get the right diagnosis. When she finally got it, she was relieved to have a name for her illness. After he was moved to the psych ward, he was diagnosed with bipolar disorder. Howard kept up with treatment because he believed his diagnosis. When he started researching and reading stories written by people with bipolar disorder, he saw himself in many of them. I went to the funeral and it was just so sad. They had been refusing meds for months. Three years ago, she tried to go off her medication. I was almost hospitalized again. I was suicidal for several months and the pain was so acute. I just take my medication and treat it as any other chronic condition. I have a career I love. I saw what my life was like before treatment and I see what it is now. It would be crazy to stop my medication and risk going backward. One of the biggest challenges for Borchard in maintaining her treatment is her desire to be normal. When I stopped seeing her, and thought I knew the answers, I landed in chaos. On the really hard days, she takes it 15 minutes at a time. This is when she talks to her husband, friends and psychiatrist, who help her stay the course. At first, Howard missed the mania, too. As long as you have hope, your life will get better. She also explores self-image issues on her own blog *Weightless* and creativity on her blog *Make a Mess*:

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## Chapter 2 : The Benefits of Light Therapy | Everyday Health

*The title clearly states "surviving depression and anxiety" and NOT "surviving one of the worst cases of bipolar depression in America." There's a HUGE difference. I do not suffer from bipolar depression.*

Certain food groups help to sustain energy, while others, such as simple carbohydrates like candy create swift spikes in blood sugar and subsequently crash. Foods that keep your energy up are complex carbs, including fruits, vegetables and whole grains, and proteins, the building blocks of cells. Aletta suggested thinking of protein as hardware and complex carbs as the fuel that propels this hardware. Listening to your body and anticipating the signs of low blood sugar also helps. Aletta worked with a nurse whose hectic schedule gave her little time to sit down and eat a full meal. She experienced dramatic dips in her energy whenever she let hours go by without eating. She learned to tune into her body and notice the early signs of her dips. She also started keeping snacks like granola bars in her locker to boost her blood sugar. Aletta underscored that everyone is different and has different food preferences. For instance, one of her clients hated vegetables. And she says to them: Movement is any physical activity that you enjoy, such as walking your dog, dancing, swimming or playing tennis. Aletta helps her clients connect to those activities that bring them the most pleasure. One of her clients was so depressed that he forgot how much he loved riding his bike. He bought a new bike and began riding it in the park. At the end of their sessions, he was participating in long-distance races. Identify and reduce other energy-zappers. There are many other factors that can affect your energy levels, Dr. Medication is one culprit. Technology also depletes energy. So limit the time you spend watching TV or using your computer or other devices. And finally, try not to get hung up on the end result. She blogs regularly about body and self-image issues on her own blog, *Weightless* , and about creativity on her second blog *Make a Mess*. Retrieved on November 12, , from <https://>

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### Chapter 3 : People with Bipolar Disorder Share How They Started Treatment and Why They Stick with It

*Beyond Blue: Surviving Depression and Anxiety and Making the Most of Bad Genes.*

**Do Herbal Supplements Work?** Light helps regulate the natural rhythms of our body and mind, and not getting enough or the right kind of light can impact our health in surprising ways. Also known as phototherapy, it involves exposure to specific levels of light under controlled conditions. Changes in light exposure can alter levels of the hormones melatonin and serotonin, which help regulate mood and sleep. **How It Works** Light therapy is typically administered using a box of fluorescent lights that mimic natural outdoor light. It should have a minimum intensity of 2,000 lux, about the same intensity as a slightly overcast day, to be effective, according to Schwartz. The box can be placed on a surface near where a person sits or works, such as next to a computer or TV. The light is aimed at the eyes, but the box should not be stared at directly because it can cause eye damage. Be sure to talk to your doctor before starting light therapy, especially if your eyes or skin are especially sensitive to light. **Potential Risks** There are no known significant health risks from artificial light therapy. Mild side effects can include eyestrain, headache, nausea, and irritability that usually go away in a few days. However, people with bipolar disorder may be at risk for manic symptoms. When relying on natural sunlight for a therapeutic lift, protect yourself from UV rays by using sunscreen with an SPF of 15 or greater and wear clothing that covers most of your skin. Natural or not, never look directly at the light source. Here are four simple ways to brighten your day: **Know how much light you need.** Be aware of the amount of light you receive during the day, and take note of how you feel when you are getting limited or no bright light exposure. Your doctor can help determine if feelings of depression or other symptoms are related to light deprivation. **Start the day with a walk.** Getting out in the sun early in the day helps reset your internal sleep-wake cycle and boost your mood. A small study just published suggests a link between morning light exposure and a healthy body mass index. **Let the sunshine in.** A sunny spot in your home can serve as a natural light box. Just 15 to 30 minutes of exposure can make a difference, according to Schwartz. Try a light box.

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### Chapter 4 : Therese Borchard | HuffPost

*Beyond Blue: Surviving Depression & Anxiety and Making the Most of Bad Genes* by Therese J. Borchard Therese Borchard may be one of the frankest, funniest people on the planet. That, combined with her keen writing abilities has made her Beliefnet blog, *Beyond Blue*, one of the most trafficked blogs on the site.

I valued her point of view on alternative therapies and her acknowledgement of them as potentially dangerous - this is something that needs to be said more, I think. She balances it with the awareness that traditional medical doctors are not perfect, either. However, I think this book is better for those without mental illness who are trying to understand it, those coming to terms with a label of depression, bipolar disorder, or OCD, and those whose mental illnesses are treatment respondent. Borchard draws a very important conclusion about the mentality of self-help cultures like AA and many mainstream media gurus - they focus on the responsibility of the individual to overcome their issues. Mental illness, when framed as a biological issue with distinct physiological causes, does not respond to this same placement of responsibility. In fact, placing the onus on the individual to heal themselves and think positively may be actively harmful. This needs to be said and I wish more people would hear it. However, her own advice on dealing with depression sounds suspiciously similar to the positive thinking guidelines she eventually veers away from. Usually those with multiple diagnoses find recovery more difficult to define and achieve - Borchard falls into the trap of the self-help books she derides by not acknowledging that she is an outlier in the respect that she appears to have successfully managed multiple mental illnesses in that she portrays herself as currently in a stable state in regards to her mental health. For someone with treatment-resistant mental illness that displayed severe symptoms at a younger age than Borchard, her advice feels as alienating and shaming as an AA counselor telling her to accept her mistakes and addictions as her fault and her responsibility rather than having uncontrollable physiological aspects. Her day to day advice advises one to do exactly the things that chronic, medication resistant depression makes it impossible to do. Borchard did a good job and her writing style was very appealing to me. I liked the structure a fairly light-hearted tale of depression, anxiety, suicidal thoughts, and getting over them. That makes no sense to me. I did learn a lot from her. She held nothing back when telling her own story from start to finish and blended in a lot of research and science. I made a decent list of articles and books to check out. I would also recommend this book to those who have family members struggling with depression. She did everything possible to avoid taking drugs and still ended up in a psych ward. For anyone who is battling or has battled with depression, anxiety, or bipolar disorder, or knows someone who is struggling with mental illness, I recommend this book. I was only 3 items into my gratitude list when I caught sight of a mom plugging away at her laptop computer. This is NOT a "Christian store book", however - the language is either raw or honest, depending on your point of view. The author is Catholic, which will be off-putting for some. However, if you or someone you know is dealing with these issues, I can not recommend the book highly enough.

### Chapter 5 : Just Keep Swimming: What Swimming Does for Your Brain | HuffPost

*Therese Borchard is the author of Beyond Blue: Surviving Depression & Anxiety and Making the Most of Bad Genes and The Pocket Therapist: An Emotional Survival Kit.*

### Chapter 6 : 5 Ideas for Boosting Your Energy When Depression Strikes

*Beyond blue: surviving depression & anxiety and making the most of bad genes. [Therese Johnson Borchard] -- Reflecting on the author's experiences with mental illness, anxiety, and substance abuse, offers candid insight into severe mood disorders, including depression and obsessive-compulsive disorders.*