

*The Ultimate* **DEPRESSION**  
**Survival Kit**

"How To Overcome & Master Depression"

With Dr Moses Simuyemba

# Personal Workbook

Your Companion On Your Mastery Journey

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## How to use this workbook

The exercises in this workbook accompany “The Ultimate Depression Survival Kit” video series. After watching each video, work through the relevant exercises for that day.

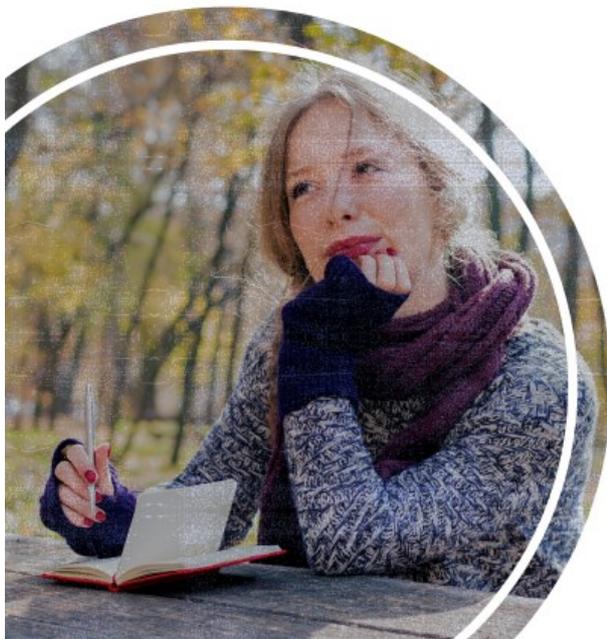
It is advisable that you go through these exercises carefully and work through them as best you can before moving on to the next video in order to get the most from this programme.

You will get out of it as much as you put in. Therefore it is crucial that you take your time and work through them at a good pace.

You may wish to take a slower pace than the recommended 30 days, or you might move slightly faster. It all depends on you, but the important thing is that you do not skip anything.

You may wish to enlist the help of a trusted friend, partner or relative while working through these, it could help a lot if they are someone you trust and are comfortable with. But otherwise, you can work through them alone.

This workbook has been designed with minimal graphics and colour so that it is printer friendly. Print it out and work on the exercises on paper.



## PERSONAL EXERCISES

- Go through the exercises that follow
- Take your time
- Think through things carefully
- Write it down, not just thinking about it
- Writing has power



## Workbook symbols



Most of the workbook will have this symbol next to questions you need to work through. The questions are phrased in the first person. Why? Because this programme is about you drawing on your own resources as well as those of others who can help you. The ear symbol and first-person questioning is there to remind you to not only question yourself, but to listen to yourself also. Remember, the emphasis of this programme is that you have most of what it takes to overcome and master depression yourself first and foremost and with outside help secondly. Even when you seek outside help it will only go as far as you are willing to let it. Take time to listen to yourself, to feel the emotions that arise when you are answering these questions, to interrogate yourself deeply, to be honest with yourself. Listen to yourself, because you cannot expect others to do so if you do not take the time to listen to yourself first. Give yourself the time you deserve to work through this. Do not rush yourself. Do not neglect yourself by not doing what is required in this workbook. It starts with you. You can do it.



The eye symbol is for links to videos. It would be advisable to watch them all as they were carefully picked from thousands because they contain information that reinforces the message of that day or that adds more depth to your understanding of the subject. They were also picked because they are informative or inspiring, but not overly lengthy, in order to make the best use of your time.



When you see this tools symbol it is time to head into the workshop and do some practical exercises. These exercises were chosen for their practicality and applicability. Take your time to work through them.



This academic symbol is for optional reading for those that might be more interested in the science, research or academic side of things. It will give you links to online articles, textbook chapters or journal articles. Summaries of journal articles are also provided in the PDF document titled “Depression Research Summaries”.



This cash-bag symbol is for optional resources that you need to pay for. There are not many such resources as the goal of the programme is to give you everything you need in one package. If you must pay for them outside this programme then they are not within our control and require payment to third parties. But they are included here as they are highly useful to help you further on your journey and can help you make even faster or better progress.

## **Day 1 - The Key To Overcoming and Mastering Depression For Good**

🔗 Do I suffer from depression?

🔗 What makes me think I suffer from depression?

🔗 Have I been professionally diagnosed?

👂 **Use ICD 10 or DSM-5 criteria to assess if you have depression**

This is just to get you started, you will need to visit your doctor/psychiatrist/psychologist to confirm if you have not already been formally diagnosed as such. Even if you have been diagnosed already, it is helpful to do this exercise in order to understand your personal experience better.

✂ **DSM-5 diagnostic criteria**

Must have had **feelings of depression and/or decreased interest or pleasure in activities you've normally enjoyed**, PLUS at least **four of the following symptoms** almost every day **for the past two weeks or longer (tick what you feel applies to you):**

- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Weight or appetite changes (losing or gaining weight, having no appetite or eating more than you normally do)
- Inability to fall asleep or sleeping too much
- Psychomotor agitation or retardation (pacing or feeling restless; sluggish thoughts or not feeling like moving)
- Decreased ability to think or concentrate
- Recurrent thoughts of death or suicide

**“With mixed features” IN DSM-5, indicate that you have symptoms of both depression and mania, but that you don't quite meet the criteria for a diagnosis of bipolar disorder (tick what you feel applies to you):**

- Elevated mood
- Inflated self-esteem
- Pressured speech and increased talking
- Decreased need for sleep
- Flight of ideas or racing thoughts
- Increased energy or goal-directed activity
- Greater participation in activities that are pleasurable but that have the potential to have bad consequences, such as excessive use of alcohol or risky sex

## ✂ ICD-10 Diagnostic Criteria

**Key symptoms (tick what you feel applies to you):**

- Persistent sadness or low mood; and/or
- Loss of interests or pleasure
- Fatigue or low energy

**At least one of these, most days, most of the time for at least 2 weeks. If any of above present, check associated symptoms below (tick what you feel applies to you):**

- Disturbed sleep
- Poor concentration or indecisiveness
- Low self-confidence
- Poor or increased appetite
- Suicidal thoughts or acts
- Agitation or slowing of movements
- Guilt or self-blame

Symptoms should be present for a **month or more** and every symptom should be present for most of every day

The 10 symptoms then define the degree of depression and management is based on the degree. Which category do you fall in based on the above exercise:

- Not depressed** (fewer than four symptoms)
- Mild depression** (four symptoms)
- Moderate depression** (five to six symptoms)
- Severe depression** (seven or more symptoms, with or without psychotic symptoms)

👂 How has my depression affected me personally?

👂 How has my depression affected those close to me?

👂 How has my depression affected my work and work relationships?

👂 Are there any other areas of my life that have been affected by my depression?

Watch these helpful videos to better understand what having depression is like for most people:

- 👁️ **I HAD A BLACK DOG (His Name Was Depression)**

<https://www.youtube.com/watch?v=hWKsyeGu0bl>

- 👁️ **I had a black dog, his name was depression**

<https://www.youtube.com/watch?v=XiCrniLQGYc&feature=youtu.be>

- 👁️ **Living with a black dog**

<https://www.youtube.com/watch?v=2VRRx7Mtep8>

- 👁️ **The Black Dog | What Depression Really Looks Like**

<https://www.youtube.com/watch?v=jg3IP7ngf1l>