

The Ultimate **DEPRESSION**
Survival Kit

"How To Overcome & Master Depression"

With Dr Moses Simuyemba

Personal Workbook

Your Companion On Your Mastery Journey

Moses Simuyemba

Day 3 - The Biggest Secret To Overcoming Depression

Work through this section carefully and focus on what applies to you. At this point it is important to simply think through these issues and how they affect you in relation to depression. Do not get too caught up with trying to find solutions at this point. We will cover what professional help you can get to deal with some of these matters in a later video. Issues such as childhood trauma can be particularly hard to deal with at this point. Use this simply as a way to getting started to understand yourself better. These can be useful notes once you get to having professional help, such as psychotherapy.

✂ Summary of your personal risk-factors for depression

Tick below what you feel are your personal risk factors for depression. Then go through the relevant sections that apply to you to work on the exercises.

Family history of depression

- A parent who has suffered from depression
- A sibling who has suffered from depression
- Other close family member who has suffered from depression

Genetic conditions linked to depression

- Genetic disease linked to depression

Chronic stress

- Work-related stress
- Relationship stress
- Financial stress
- Other recent stressful life event

Childhood trauma

- Neglect
- Physical abuse
- Sexual abuse

Alcohol and substance use

- Alcohol use dependence
- Smoking
- Other drug use

Smartphone use

- Problematic smartphone use

Chronic illness

- One chronic illness
- More than one chronic illness

Family history of depression

👂 Are there any close family members that have depression? List them.

Chronic stress

👂 Is there anything causing me stress in my work, relationships or finances?

👂 What exactly is the challenge in this area?

👂 How can I best handle the situation?

👂 If I cannot handle it, is there any way I can avoid it?

👂 What help can I get to deal with the stress effectively or to lessen it?

Stressful life events

👂 Have I had any stressful event happen to me lately?

👂 How has it affected me?

👂 How have I handled it?

👂 Do I need help in dealing with that stressful event?

Childhood trauma

👂 Have I had any childhood trauma (neglect/physical or sexual abuse)?

👂 How has it affected me?

👂 What help have I sought to deal with it?

👂 What help can I get now to deal with it?

👂 How is my current relationship with the person who caused this trauma?

👂 Have I discussed this in any way with anyone? Is there anyone I can open up about it to who can be supportive?

Alcohol and substance use

👂 Do I have any habits that can be a contributor to depression, such as smoking, alcohol and drug use?

👂 How have these affected me and those close to me?

👂 What do I need to do to handle these better?

👂 What help can I get for this?

Smartphone use

👂 Is my smartphone use problematic?

👂 How is it affecting me and my relationships?

👂 What can I do to make better use of technology without it affecting my mood or productivity?

👂 What do I need to cut down on when I comes to using technology?

Chronic illness

👂 What chronic illness or illnesses do I have?

👂 Am I getting professional help in managing my chronic illness?

👂 How well have I handled my chronic illness?

👂 What can I do to improve the management of my illness?

👂 What help can I get to manage it better?

Other factors

👂 Is there any other thing in my life that may be a cause of stress or discomfort?

👂 What can I do to cope better with it or remove it?

👂 What help do I need to do this?

Weight

Weight exercise is included on day 15 – “Secrets To Having Unbeatable Energy”

Additional paid resources

✂ Consider taking one of the two personality assessments below. These are scientifically tested and proven tests that have been in use for decades. If you can invest the time and money, they will help you understand your personality better. This can help you even with handling anxiety and depression.














💰 **DISC personality test:** DISC is a behaviour assessment tool based on the DISC theory of psychologist William Moulton Marston, which centres on four different personality traits which are currently Dominance (D), Influence (I), Steadiness (S), and Conscientiousness (C). This theory was then developed into a behavioural assessment tool by industrial psychologist Walter Vernon Clarke. Find out how the DISC factors, Dominance, Influence, Steadiness and Compliance predict your behaviour towards others and the everyday things you do. Follow the link below to find out more.



<https://www.discprofile.com/>

💰 **Myers–Briggs Type Indicator:** The Myers–Briggs Type Indicator (MBTI) is an introspective self-report questionnaire with the purpose of indicating differing psychological preferences in how people perceive the world around them and make decisions. Follow the link below to find out more.

<https://www.myersbriggs.org/>

Reference materials

-  Monroe, S. M., Slavich, G. M., & Gotlib, I. H. (2014). Life stress and family history for depression: the moderating role of past depressive episodes. *Journal of psychiatric research*, 49, 90–95. doi:10.1016/j.jpsychires.2013.11.005
-  Li, M., D'Arcy, C., & Meng, X. (2016). Maltreatment in childhood substantially increases the risk of adult depression and anxiety in prospective cohort studies: Systematic review, meta-analysis, and proportional attributable fractions. *Psychological Medicine*, 46(4), 717-730. doi:10.1017/S0033291715002743
-  Read, J. R., Sharpe, L., Modini, M., & Dear, B. F. (2017). Multimorbidity and depression: a systematic review and meta-analysis. *Journal of Affective Disorders*, 221, 36-46. <https://doi.org/10.1016/j.jad.2017.06.009>
-  Wang J, Wu X, Lai W, et al. Prevalence of depression and depressive symptoms among outpatients: a systematic review and meta-analysis. *BMJ Open* 2017;7:e017173. doi: 10.1136/bmjopen-2017-017173
-  Mannan M, Mamun A, Doi S, Clavarino A (2016) Prospective Associations between Depression and Obesity for Adolescent Males and Females- A Systematic Review and Meta-Analysis of Longitudinal Studies. *PLoS ONE* 11(6): e0157240. <https://doi.org/10.1371/journal.pone.0157240>
-  Tanner, ML., Suls, J., Vander Weg, M.W. (2014). How robust is the association between smoking and depression in adults? A meta-analysis using linear mixed-effects models. *Addictive Behaviors* 39(10):1418–1429
-  Meg Fluharty, Amy E. Taylor, Meryem Grabski, Marcus R. Munafò, The Association of Cigarette Smoking With Depression and Anxiety: A Systematic Review, *Nicotine & Tobacco Research*, Volume 19, Issue 1, 1 January 2017, Pages 3–13, <https://doi.org/10.1093/ntr/ntw140>
-  Andrea H. Weinberger, Rachel S. Kashan, Danielle M. Shpigel, Hannah Esan, Farah Taha, Christine J. Lee, Allison P. Funk & Renee D. Goodwin (2017) Depression and cigarette smoking behavior: A critical review of population-based studies, *The American Journal of Drug and Alcohol Abuse*, 43:4, 416-431, DOI: 10.3109/00952990.2016.1171327
-  Boden, JM., Fergusson Dm. (2011). Alcohol and depression. *Addiction*, <https://doi.org/10.1111/j.1360-0443.2010.03351.x>
-  Jon D. Elhaia Robert D. Dvorak Jason C. Levinea Brian J. Hall (2017). Problematic smartphone use: A conceptual overview and systematic review of relations with anxiety and depression psychopathology. *Journal of Affective Disorders*, Volume 207, 1 January 2017, Pages 251-259 <https://doi.org/10.1016/j.jad.2016.08.030>
-  Siegrist, J. Chronic psychosocial stress at work and risk of depression: evidence from prospective. *Eur Arch Psychiatry Clin Neurosci* (2008) 258(Suppl 5): 115. <https://doi.org/10.1007/s00406-008-5024-0>
-  van der Veen, Date & D. M. van Dijk, Silvia & Comijs, Hannie & H. van Zelst, Willeke & Schoevers, Robert & Oude Voshaar, Richard. (2016). The importance of personality and life-events in anxious depression: from trait to state anxiety. *Aging & Mental Health*. 21. 1-7.
-  A. Forestell & John B. Nezelek (2018) Vegetarianism, depression, and the five factor model of personality, *Ecology of Food and Nutrition*, 57:3, 246-259

-  Hjordt, Liv & H. Dam, Vibeke & Ozenne, Brice & Hageman, Ida & McMahon, Brenda & Mortensen, Erik & M. Knudsen, Gitte & Stenbæk, Dea. (2018). Self-perceived personality characteristics in seasonal affective disorder and their implications for severity of depression. *Psychiatry Research*. 262. 10.1016/j.psychres.2018.02.015
-  Klein, D. N., Kotov, R., & Bufferd, S. J. (2011). Personality and depression: explanatory models and review of the evidence. *Annual review of clinical psychology*, 7, 269–295. doi:10.1146/annurev-clinpsy-032210-104540