

*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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## Day 9 - The Great Depression Blackhole & How To Avoid It

### **Social isolation and emotional isolation.**

🔗 Have I been emotionally isolated?

🔗 Have I been socially isolated?

🔗 What led me to this isolation?

🔗 Are there any relationship issues that have led me to be emotionally or socially isolated?

🔗 Are there any circumstances (e.g. age, illness, living environment) that have led me to be isolated?



👂 Has such isolation been beneficial or harmful to me? In what ways?

👂 Who are the people in my current circle that I can reach out to in order to avoid being isolated?

👂 Are there new people or social groups I can connect to locally?

👂 Are there are local clubs or activities I can be part of?

## Reference material

-  Choi, H., Irwin, M. R., & Cho, H. J. (2015). **Impact of social isolation on behavioral health in elderly: Systematic review.** *World journal of psychiatry*, 5(4), 432–438. doi:10.5498/wjp.v5.i4.432
-  Rico-Uribe, L. A., Caballero, F. F., Martín-María, N., Cabello, M., Ayuso-Mateos, J. L., & Miret, M. (2018). **Association of loneliness with all-cause mortality: A meta-analysis.** *PloS one*, 13(1), e0190033. doi:10.1371/journal.pone.0190033