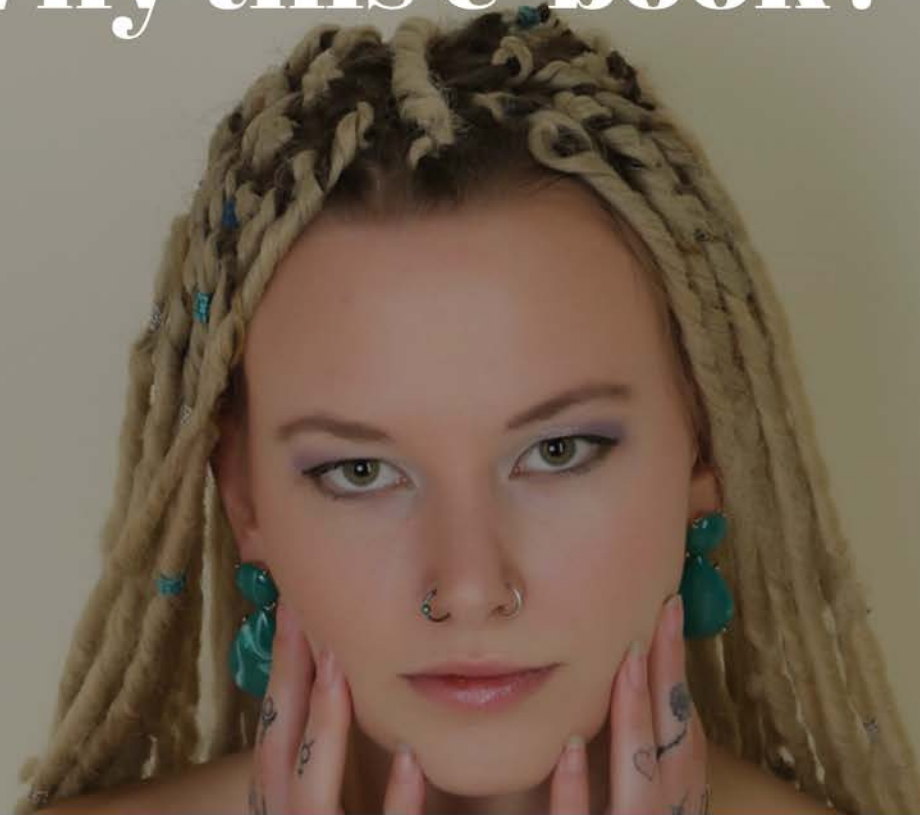


Awareness of depression

5 do's & don'ts



Why this e-book?



First of all, thank you for downloading our e-book: Awareness of Depression.

Many people in our area ask us why we write this e-book. Because we see more and more people who either are in a depression themselves, or who know someone (mostly in their inner circle)) who is in a depression or close to getting depressed. This group of people ask us what they can do best. Both the person who is depressed and the one who is powerless to watch how the other person slips away.

So why this e-book? We have one simple answer to that. And that answer is to help others to get a better understanding of how to deal with the person who is in a depression, but also to give you a view of what the person who is in the depression wants at the time of depression. There is so much misunderstanding and on the other hand there is so much unknown on how you really can support the person who is in a depression from your heart and a place of love.

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We, Petrie and Emily, were allowed to experience it ourselves. This might sound strange but we can look at it now from a positive point of view. We were able to experience it from both sides. As a mother and daughter. Like the one standing along the side and the one sitting in the middle of the dark black hole. And yes, that was a very tough time. For both of us. But we have overcome it. Through The Reconnection in combination with a different mindset, a strong will to get out and a lot of unconditional love.

This e-book is written from our own experience. From a mother / daughter relationship. The tips are of course not only usable for young people but for everyone, regardless of age.

We hope that we can inspire, help and support others through this time of your life with the 5 do's & don'ts. You can get through this, you really can! And you can help the other person, really. There is light on the other side of the dark tunnel. The light of life on this earth. Because every person has a mission and a purpose in this life. So do you!

Love, Petrie and Emily

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Just a few digits ...

A person in a blue hoodie is seen from behind, looking at a whiteboard in a dimly lit room. The whiteboard has some faint, illegible writing on it. The room is dark, with some light coming from the whiteboard and possibly some lights in the background.

Worldwide, more than 320 million people suffer from depression. That is about 4.4 percent of the world's population.

Research bureau Newscom has carried out a study commissioned by MIND, an organization that works for people with mental health problems, and 3FM.

This research has shown that 43 percent of young generation in the Netherlands, between the ages of 13 and 24 year, experience psychological complaints. And 37 percent of these young people with mental health problems do not talk to others about these problems.

By not talking about psychological problems AND by not acknowledging this, depression is often recognized too late. The symptoms are often swept away under the heading lazy, adolescent behavior and affectation. But even the younger person does not dare to talk about it.

The main reason that young people call for their closeness is the fear that others feel they are exaggerating. They are also afraid that others will approach or look at them differently. The consequences can then be very serious. It is therefore also very important to recognize it early. Both in recognition and treatment.

A depression among young people is therefore much more common than people realize. Some young people flee their depression by using alcohol and drugs. Often also because they feel misunderstood and do not understand by others and don't even understand it themselves. Or understand very well what they are in, but run up against a large wall of incomprehension from the outside world. This does not solve anything, but rather worsens the problems.

If your child / teenager feels depressed, it is important to get help in time. But just as important, and perhaps even more important, is to acknowledge the young person that he / she is depressed.

5 don'ts



BLAMING SOMEONE

The person who is in the depression can't do anything about this. He / she did not choose this himself. It just happens to you, it overtakes you. Do not give the person who is in a depression the feeling that it is her / his own fault that he / she feels that way. You may wonder why this is happening now. Everything is cause and effect. But what you should NOT do is blaming someone for this. It is not your fault and it is not the fault of the person in the depression. They do not determine how they handle things and how they will turn out. It is the voice in their head and body that holds them back. People who have never experienced this themselves in this way can compare this with 'negative thinking'. Everyone knows that voice that talks bad about yourselves. That is a voice in your head. And you can only stop this voice by changing your mindset. It isn't good or nice to hear that it is your own fault when it's not. It is no one's fault and that must be accepted by both parties. Once you accept that, you can work on a solution.



GIVING OBLIGATIONS

When you give someone a lot of obligations, they can feel so much pressure. By giving the person too many tasks to do on a daily basis, their body just blocks from doing anything. If they do not fulfill these expectations, they feel the disappointment of the other and feel very disappointed in themselves. That makes them even more broken inside and gives them even more pressure.

This pressure suffocates them, because they want to do things, so badly, but by giving them commitments, they just block. Almost everything works in reverse. How you normally raise your child is not how you should look at someone with a depression. You have to open up your thoughts to a whole new method and period of your life. Adjusting yourself during this period is a large part of the process for both parties.

YELLING

Yelling, raising your voice, being angry. These emotions come out of powerlessness. The only thing you want is to understand and help the person, but screaming does not let them talk or feel better. Actions must come from the person himself, or their own strength. Kick under the ass is counterproductive.

Screaming next to the bed because you obliged them to get out of bed and go to school, is of no use. It is understandably that you want to wake up the person. But waking up from a reality that you do not know yourself, only brings the person to a deeper dark place.

This is not to say that the person does not have to go to school anymore, BUT the most important thing is that someone gets time for themselves. Without obligations to discover themselves.



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~My life is one constant battle between wanting to be alone and not wanting to be lonely. ~

TAKE DISTANCE

Do not take any distance from your child and the situation. Do not deliberately avoid your child to avoid situations. Because when they want attention, you have to give them that attention and be there for them.

Petrie: 'I put my whole social life "on hold", because imagine that my child suddenly needed me, or would do something to herself, and I was not there. If that happens then I would never have forgiven myself for that.'

Emily: 'The different changing moods came with flurries. I could never say in advance whether I needed my mother or if I would rather not to have her around me.'

This does not mean that you, as a parent, should stop working to be there 24/7 for your child, but be aware that it is a very dark period. Love is the only option to help those.



PUSH

When you first come into contact with depression, the first instinct is: Okay, if that person stays busy with the daily things and takes good care of himself, then it will certainly go over by itself. Think of: you have to go to school, you have to sleep early, you do not have to be busy with your mobile all night, you have to have a daily routine.

What you can do best as an outsider is to get rid of your own expectation, your picture of what life should look like. Out of powerlessness you want the person in the depression is still busy with daily life, but that is not easy. It is as if a bad spirit comes into your head and leads your body. To push works counterproductive and is not nice for both parties.



5 do's



ACCEPT THE SITUATION

The first thing you have to do is to accept the situation. It is what it is. No, it's not about walking away and hoping it will all go away by itself or stick your head in the sand. The depression will still there. So accept the situation and get started.

Petrie: 'Running away from the situation and denying it only makes the whole situation last longer.'

Emily: 'After we were able to accept that I was in a depression, there was room to heal.'



UNDERSTANDING

Try to understand the situation. Even if you do not understand it, try to understand it. If your child goes to a psychologist, make (as a parent) a separate one-on-one (call) appointment with the treating psychologist. Ask how the process is progressing and how you as a parent can help your child. AND also tell your child that you are doing this. So that he / she knows that you are open to this and that you are involved. This makes your child feel heard, seen and not alone in the process.

Petrie: 'Because I did not know what to do, I felt powerless. How could I stand alongside and see my child slipping away? That is why I had a few conversations with Emily's psychologist.'

Emily: 'Because my mother also started conversations with a therapist, she understood the situation better and I did not feel alone in the process.'

GIVE LOVE, A LOT OF LOVE

Give love at times when someone breaks and they only need you to comfort them. Give love in the situations that you actually want to get angry out of impotence. When you get angry you give negativity instead of positivity. Love is the only thing the person needs.

Emily: 'At those moments I asked my mother to come upstairs to my room. I was crying in bed, and without saying any word, she lay down beside me, took me in her arms and I could cry. Just cry.'

Petrie: 'And that's how we lay down for minutes. Crying together. Words are not needed at that moment. Just being there is enough. With all the love there is.'

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BE OPEN WITHOUT JUDGEMENT

Try to be open to listen, without judgement. Even if you do not understand anything about the whole situation, open up and listen.

Emily: 'Even though my mother did not understand it, she listened to hear what was going on inside me.'

Petrie: 'I listened and let her talk. And knew that all the advice I wanted to give could be misinterpreted. She did not need advice at these times. She only wanted to be heard. Listening is the best medicine at that moment.'





MAKE FREE TIME

Try to make free time to do fun things together. Even if you are still so busy. Fun, laughter, a walk on the beach or a picnic in the park. Do things together that give positive energy to you both.

Emily: 'When I wanted to leave home and wanted to do something nice, my mother was immediately there for me to do fun things. That gave me the positive energy again that I needed.'

Petrie: 'Although I work full-time being an entrepreneur and a single mom, I immediately dropped everything when Emily wanted to do something nice with me. I took days off, canceled important appointments and threw everything aside. Because, what is more important than putting a smile on your child's face?'

Before

- Didn't want to live anymore
- Lay in bed in the dark for days
- Did not sleep for 3 days in a row
- Had an eating disorder
- Didn't want people around her
- Didn't want to contact anyone
- Shuts down the outside world
- Felt lonely and misunderstood
- Panic attacks when she was in places with lots of people

After

- Works as a bartender in the coolest and busiest nightclub in Amsterdam
- Helps other young people by listening to their story and giving advice Inspires others personally and through social media with her own vision
- Starts with a new study
- Is cheerful and full of confidence in life
- Feels loved
- Has gathered a very big group of new loving friends around her
- Has a mission and is fully committed to it
- Has appetite and is gaining weight (which she experienced as very positive)
- Meditates

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What does medication do to you?



When you take medication, you stagnate the problem and you numb yourself by believing that everything is going well thanks to the pills. As soon as you stop taking the pills, you will feel depressed again and you will stay in a visual circle. Pills in combination with psychologists do not help you to find out what the real cause of the depression is and what to do with it.

It is easy to grab medication, because then you do not have to talk and everything seems good again, but as soon as you stop, your problem is not gone. If you are currently on the medication, our advice is to stop this and to seek better help. Help that tackles causes instead of pushing it away.

How did we get out of this situation?

For a year and a half, we have followed various therapies, conversations, trauma treatments and so on. And after this one and a half year, in December 2017, Emily had a relapse. Partly because we have been on a waiting list for more than 7 months for specialist GGZ treatment. It took us over a year and a half before we came to the starting point of recovery. Before we came at the bright spot in this dark period that slowly caused her lust for life again. And not only her lust for life. In the early morning of January 2018, the day after the first Reconnection session, Emily was preparing breakfast in the kitchen. Just because she was hungry. This had not happened for years.

A week after the second session she spontaneously exclaimed that she felt like living again. And a few weeks later we decided together that conversations with the psychologist really did not make sense anymore. The psychologists were very surprised to experience her rapid recovery. But they could only say yes to her decision because one look in her eyes spoke volumes. Her eyes radiated the lust for life and maturity. 'I didn't want to talk about the past over and over again. The past is the past, I just want to think about the future,' told 'Emily her therapists during the last conversation.

The Reconnection in combination with a different mindset, a strong will to get out of the depression and a lot of unconditional love have been her salvation. This can also be your salvation.



Epilogue:

Emily: 'If you want change and really want to get out of your depression, you have to stop seeing yourself as a victim of the dark path and you have to take action. Therapy can help to process traumas and talk about your experiences in this life, but if you really want to take action to get to know yourself, you have to make time for yourself. To discover yourself in every way. The Reconnection may sound vague and unbelievable, but it really works. Not giving a shot is always wrong, right? Choose for yourself. This is not an e-book with a sales pitch. We write this e-book from our heart because we want to help you to get out of this dark time. Because we have also been in this dark time ourselves. And no, you do not have to do the Reconnection until you are already depressed. At the moment you acknowledge to yourself that you have symptoms of depression it is very important to take immediate action and talk about it. It's okay! You're not crazy, you are unique!'



A person is silhouetted against a vast, starry night sky. The Milky Way galaxy is visible, stretching across the frame with a vibrant purple and pink hue. The person stands on a dark, rocky ridge, looking up at the stars. The overall scene is dark and atmospheric, emphasizing the beauty of the night sky.

**"Only in the darkness
can you see the stars"**

- Martin Luther King jr.