

# Surviving Depression

**BIBLICAL AND CLINICAL APPROACH TO  
DEPRESSION**

**BY CARL BINGER LMHC**

- The purpose of this workshop/workbook is to help guide those who may be struggling with depression. This work book is not a cure for depression and is not meant to replace therapy or any form of professional help.
- If you are struggling with severe depression you can certainly use this book as a guide but I would encourage you to seek as much additional professional help and support as possible.
- If you ever feel unsafe toward yourself or anyone else, please call 911 and/or call a loved one for help.
- As a clinician, when I first start working with a client, I always strongly encourage them, if they haven't done so already, to schedule a physical with their PCP. Counseling is a collaborative relationship that often involves client, counselor, doctor, pastor, and family and friends.

## **LEARNING OBJECTIVES**

- **DEVELOP A BASIC UNDERSTANDING AROUND ADDRESSING CLINICAL DEPRESSION**
- **EXPLORE 3 BIBLICAL PASSAGES TO UNDERSTAND HOW JESUS RELATES TO THE PERSON WITH DEPRESSION**
- **DEVELOP A HEALTHY INTERNAL DIALOGUE BY ASKING QUESTIONS AND JOURNALING**
- **UNDERSTAND AND UTILIZE SIMPLE TOOLS, STEPS, AND RESOURCES TO ADDRESS DEPRESSION**

## **SECTION 1**

### **CHRIST SUFFERED-MARK 14:32-42**

- **IDENTIFYING DEPRESSION**
- **GOALS FOR TREATMENT**
- **SAFETY PLAN**



# IDENTIFYING DEPRESSION

If you are currently depressed, please explain why you believe this is the case:

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Please Circle the symptoms that you have had over the past **two** weeks:

**Mood:** anxiety, apathy, general discontent, guilt, hopelessness, loss of interest, loss of interest or pleasure in activities, mood swings, or sadness

**Behavioral:** agitation, excessive crying, irritability, restlessness, or social isolation

**Sleep:** early awakening, excess sleepiness, insomnia, or restless sleep

**Whole Body:** excessive hunger, fatigue, or loss of appetite

**Cognitive:** lack of concentration, slowness in activity, or thoughts of suicide

**Weight:** weight gain or weight loss

Also common: poor appetite or repeatedly going over thoughts

# GOALS FOR TREATMENT

What three things would need to happen in order for you to feel better in the next 3 to 6 months?

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On a scale of 1 to 10, 1 being awful and 10 being wonderful, during an average week how do you feel? What are some healthy activities that you can do to help raise this number?

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What are some of your strengths and gifts and how can you use the depression to help fuel these? (For example, are you do you like to draw, write, sing, play sports)

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# SAFETY PLAN

The one or two things that are important to me and worth living for:

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Healthy Internal and/or External coping strategies you can use (without calling anyone) to take your mind off the problem. (Examples: Meditating, praying, Journaling, exercising, gaming, etc.)

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People or social settings that provide a distraction for you?

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Who can you call in an emergency or just to talk with when you are down?

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## **SECTION 2**

### **CHRIST CARED-MARK 5:1-21**

- **FAMILY HISTORY AND DRUG USE**
- **SPIRITUAL LIFE**





# **SPIRITUAL LIFE PT.1**

What do you think God's thoughts are toward you? Are you relying on your feelings or the truth of Scripture? Which one ultimately holds the most weight?

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Christ says that "if any man comes to Me I will by no means cast him aside". If you come to Christ in prayer and in need what does that mean for you?

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List 5 things you are thankful for today. Going forward can you list 5 to 10 things you are thankful for everyday?

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## **SPIRITUAL LIFE PT.2**

How often do you pray and/or read scripture? Consider increasing the frequency and duration you do these two things.

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Can you think of any sin in your life that you are engaging in and not turning away from? If so, what are they? What would turning from this/these sin(s) look like?

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What are some ways you can take attention off of yourself and serve others, even something small?

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# **SPIRITUAL LIFE RECAP**

Read Scripture- Reading scripture is so important. We need to be reminded of God's love for us daily, especially, when dealing with depression.

Sometimes it may help to write encouraging scriptures you come across on index cards, a white board, and/or posted notes. Place these truths in places that are highly visible to you as constant reminders of God's love for you.

Pray- Prayer can have many components to it. For me, I like to break it down into asking God for His mercy, repenting of my own sins, and being thankful for all that He is doing for me regardless of how I perceive it.

Fellowship-

Serving-

Praises-

## **SECTION 3**

### **CHRIST COUNSELED—LUKE 24:13–35**

- **DIET, SLEEP, EXERCISE**
- **TREATMENT OPTIONS**





# DIET

How is your current diet? What healthy items can you add to your diet? What unhealthy items could you remove from your diet?

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Eat 3 healthy meals per day  
and at the very least adding fruits and vegetables and a full glass of water  
for a drink to every meal that you do eat.

# SLEEP

How many hours are you sleeping at night? What are some things you can change to help you fall asleep and stay sleeping through the night?

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A few things to keep in mind before bed:

- Limit stimulation, such as, bright lights, music, exercising, eating, or drinking products with caffeine.
- Try to relax with things such as, a quiet fan, soft music/nature sounds, reading a book, journaling thoughts/feelings (or what you are thankful for each day), taking a warm bath, a nice smelling candle, lotion, or fragrance.
- Try going to bed at the same time every night.
- Use the bathroom before going to bed.
- Consider getting a sleep study done where a number of things could be uncovered by your doctor or a specialist (for example, do you have sleep apnea, are you breathing well at night, and how your brain is behaving at night).

# EXERCISE

How often are you exercising each week? Will you consider increasing this?  
How can you go about doing this?

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It has been shown that even 30 minutes of walking per day can help with alleviating depression and anxiety symptoms.

- Consider signing up for a gym membership or walking/running with a friend a couple of times per week.

# TREATMENT OPTIONS

- Cranial Massage Therapy
- Sunlamp
- Acupuncture
- Acupressure mat
- Repetitive transcranial magnetic stimulation
- Massage
- Counseling
- Medications
- Salt baths

## **SECTION 4**

### **COGNITIVE BEHAVIORAL THERAPY (CBT)**

- **WHAT IT IS**
- **FOREST FOR THE TREE**
- **NARROW VS WIDE PERSPECTIVE**

# **PROGRESSING FROM DARKNESS**

## **COGNITIVE BEHAVIORAL THERAPY (CBT)**

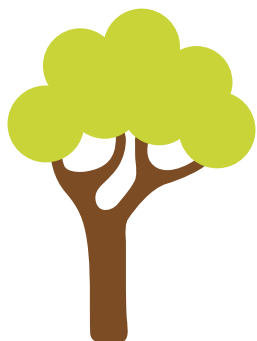
CBT is a method or technique that utilizes a person's thoughts and behaviors as a way to help toward better emotions.

## **SIMPLE EXERCISES**

- Treating thoughts as guesses
  
- Asking yourself what you would encourage a friend with in your same situation.
  
- Reflect on and consider if the thought(s) you are having are both true and helpful.

# CBT EXAMPLES

## FOREST FOR THE TREE



My child just said "I love you"

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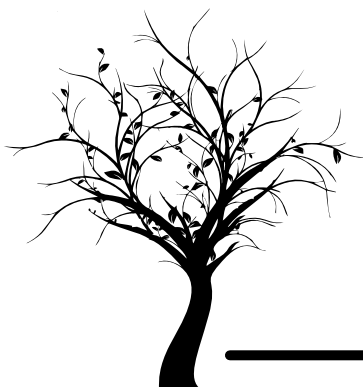
I hope getting some exercise and fresh air will help.

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I just learned I am not the only one going through this.

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I feel worthless

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The  
Problem/Challenge

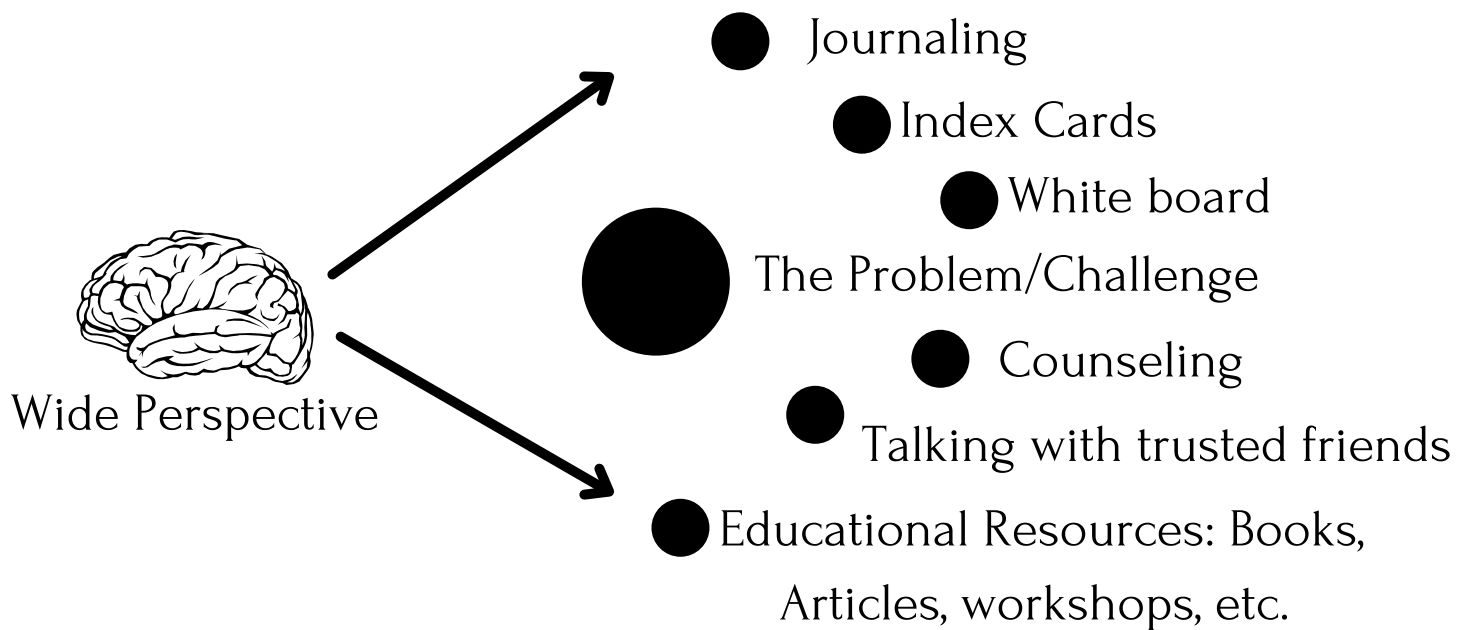
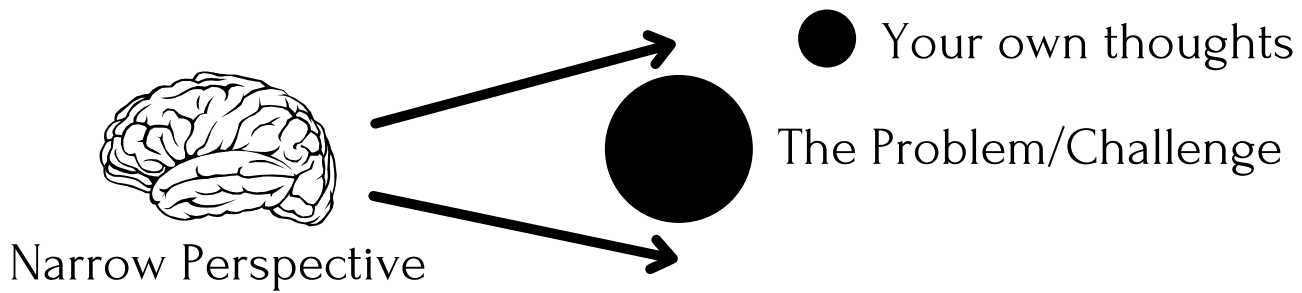


I am going to try to focus on what I am thankful for.

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# CBT EXAMPLES

## NARROW VS WIDE PERSPECTIVE





# **RESOURCES**

- Surviving Depression Facebook Group
- Surviving Depression Podcast on Anchor/Spotify
- National Alliance on Mental Illness
- Mental Health Association

National Suicide Prevention Lifeline

1-800-273-8255

Lifeline 211 or 911

Mental Health Association of Rochester/Monroe County

(585) 325-3145

I hope that this workbook was helpful in helping you to navigate depression. Please feel free to share this workbook with others! If you need any assistance, please feel free to reach out to me or these other resources listed.

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