Depression, Anxiety & Emotional Help Tips & Resources

Summary:
Financial stress can often result in depression and anxiety. The emotional turmoil you feel can lead to problems in relationships - at work, with friends and in the family. It is important to know you are not alone and that you may need help to manage these feelings. Dr Brandson shares some tips and resources in this article.

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Author: Dr Peter Brandson
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Posted ByPeter Brandson
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Dr Brandson knows what it is like to be depressed. Here he offers some useful advice if you are suffering.

In his work as a rural Doctor - Dr Brandson often helps people with depression. Financial stress is a major factor in depression and anxiety. The emotional turmoil can often lead to problems in a person's relationships and family life.

Looking After Yourself In Tough Times

It isn't always easy to manage everyday living and affairs when you are feeling low or are under great stress. Taking one step at a time, each day, can help you cope and feel a lot better.

> The most important thing is to be gentle with yourself. No one is perfect. We all make mistakes. When times are tough it is even more important that you look after yourself properly.

- Eat regular healthy meals.
- Deal with anger in a healthy way. Don’t let rage build.
- Use exercise.
- Talk to someone. You may also benefit from professional counseling. Your GP can help.
- Work out a plan to improve your situation.
- Make moves to improve your life.
- Become comfortable with your own company. This will help stop feelings of loneliness.
- Get eight hours sleep every night. It makes a big difference.
- Develop the habit of staying in the present moment. Regularly say to yourself: Where am I? – Here / What time is it? – Now. Here and now - that is all there ever is.

Dr Brandson Also Recommends - Just Breathe

Regularly take some deep breaths can help keep you calm and relieve stress. You might hear other people say, "just breathe" or "take a deep breath", but how do we do that?

Dr Brandson's favourite system is the **4 / 7 / 8 breathing technique**. Practice this to improve the flow of oxygen throughout your body and your brain and notice the relaxing and refreshing results. Use this system at the beginning and end of each day and throughout the day when you feel stress or anger levels rise. It doesn't take long and is simple to do - *Take Time Out To Breathe!*

Sitting quietly, breathe in slowly through your nose while counting in your mind to 4 – fill your chest all the way. Then hold your breath for a count of 7. Finally slowly exhale through your mouth while counting to 8. Repeat a few times.

If you feel like a good stretch you can combine the breathing exercise with gentle stretching arm movements to help relax tired muscles. Raise arms from your side to above your head when breathing in and slowing lower them again as you exhale.

Below are some websites that can help you learn more about depression and other problems and to get the help you may need. Sometimes it is a comfort to know you are not the only one and to have a chat with someone who cares.

Bank Reform Now - Helping With Mental Health Services

Part of the funds contributed to the BRN campaign will be directed to providing improved mental health services to rural communities. These regions are particularly hard hit by harsh banking practices - indeed the way the finance system is structured leads to immense stress in regional communities.

Websites For More Information: Mood Gym - Learn cognitive behaviour therapy skills for managing depression
https://moodgym.com.au/
The Black Dog Institute - A great depression resource
http://www.blackdoginstitute.org.au/
Beyond Blue - Learn about Anxiety And Depression
http://www.beyondblue.org.au/
Lifeline - If you are on the edge and are thinking about suicide please seek help.
http://www.lifeline.org.au/Get-Help/

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Get Financial Help (Bank Reform Now Article)
https://www.bankreformnow.com.au/news/dr-brandsons-blog/financial-help
This Way Up - empowers individuals by giving them access to online help for anxiety and depression.
https://thiswayup.org.au/

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