



# My Healing Program

## Desperation or Depression

Many people experience desperate times in their lives, living through circumstances that may be dire, suffering from severe illness, extensive abuse at the hands of evil or dangerous individuals, or from other economic factors such as poverty, homelessness, abuse, exploitation, trafficking or even war.

Extreme emotions or physical pain, and desperation experienced could be traumatic, life-changing, destructive even, but such extremism does not automatically mean the people enduring such atrocities will suffer from depression.

It is therefore vitally important that the illness of **depression** is properly understood.

We are living in a society where anyone who looks sad seems to be considered to be 'depressed' or 'suicidal'.

This results in many people, including children, being on medication which may not be necessary – whether they've been diagnosed with **ADHD, Bi-polar, Depression, Anxiety**, or other mental disorders, whereas they could just be going through a trying time in their lives, as do we all at some stage in our lives.

I am not a qualified medical practitioner, certified therapist or counsellor; I am a certified life coach, and am very cautious not to blur the lines.

If you are struggling with certain issues in your life, please research the medical conditions mentioned above in bold, blue font, thoroughly before accepting anyone's diagnosis at face value.

**Medication is not a cure-all.** Life can be tough and we go through physical, mental, or emotional trials that strengthen our resilience, providing us with the tools and the ability to cope with difficult situations. These are very necessary lessons that teach us coping skills, courage, and determination, to push through, and onwards on our journey called life.

One does not want to medicate unnecessarily as all medication is susceptible to side-effects, and some medication can be addictive, so you really don't want to end up addicted to tablets when all you need is some self-care whilst undergoing some unusually high stress situations.

Contact me at [merrill@myhealingprogram.com](mailto:merrill@myhealingprogram.com) if you would like coaching on dealing with challenging times.