

## How to overcome depression symptoms through coaching

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The term depression is often used to describe when someone is feeling 'low', 'miserable', 'in a mood', or having 'got out of bed the wrong side'. In addition to feeling low most or all of the time, many other symptoms can occur in depressive illness (though not everybody has every one). These include:

- losing interest in normal activities, hobbies and everyday life
- feeling tired all of the time and having no energy
- difficulty sleeping or waking early in the morning
- having a poor appetite, no interest in food and losing weight (though some people overeat and put on weight – 'comfort eating')
- feeling restless, tense and anxious
- being irritable
- losing self-confidence
- avoiding other people
- finding it harder than usual to make decisions

Experts believe that depression is caused by a combination of biological, psychological, and social factors. In fact, your lifestyle choices, relationships, and coping skills matter just as much, if not more so, than genetics. Certain risk factors can make someone more vulnerable to depression. These are a few of them:

- Loneliness
- Lack of social support
- Recent stressful life experiences
- Marital or relationship problems
- Financial strain
- Alcohol or drug abuse
- Unemployment or underemployment
- Health problems or chronic pain

There are many extremely effective life-skills and techniques that can be used to help individuals overcome depression. Importantly, whenever someone develops these skills, they will be much less likely to enter into additional episodes of depression. The dictionary defines 'overcoming,' as rising above, gaining control or an upper hand over someone or something. Additional meanings include struggling successfully against a difficulty or disadvantage, or to render somebody or something helpless or incapacitated.

It is vital to realize that overcoming something does *not* mean making it disappear. To overcome depression does not necessarily require eliminating the condition entirely, but rather, learning to gain control over, and rise above a potentially devastating condition.

As we discover how to overcome depression, it is also important to remember that learning to gain control of depression and the power it can have over our lives is not a one-time occurrence. In overcoming depression we are learning how to reclaim the power that we often lose in the depths of depression.

At any time, the way to overcome an obstacle, difficulty, or painful condition is basically the same. Start by facing the situation head-on. Knowledge is power, so we must begin the process by seeing our challenges as they truly are in order to understand them. We must adjust what we believe.

Behavioral scientists have shown that one-on-one coaching is among the most effective approaches to helping people make and sustain improvements in their lives. A **health and wellness coach** can facilitate a depressed client's positive change by focusing on their client's stated needs, values, vision, and goals and helping to bring out their personal emotional best. Together the coach and client will create their personal vision for wellness and identify priorities in one or more areas including: relationships, nutrition, stress, and general health. They will also discuss the principles that are important for them to be successful in developing a healthier thought process and lifestyle.

Life coaching clients reduce their stress, increase their energy, make better decisions, increase their life balance, increase their peace of mind, and focus more on what is really important to them, *because* of participating in the coaching process. The coaching process requires clients and their coaches to develop a very strong mutually trusting, mutually respectful and mutually focused partnership which can create the perfect environment that will defeat every depression symptom.

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