

# DEPRESSION



&

# YOGA



# Yoga For Depression

Have you or someone in your family been diagnosed with depression? Do you know someone who has depression? Even if we are dealing with depression in ourselves or our families, we may not know what it really is. Is it just feeling sad all the time? Many people ask; Why can't people just snap out of it?

**Depression is said to be the most widespread mental disorder. It affects women far more than men, and it is particularly prevalent in teens.**



# What Causes Depression?

There are various opinions on what causes depression, and even the role of brain chemicals is debated. Generally, though, depression can be separated into two categories: circumstantial and clinical.

Circumstantial depression refers to feelings surrounding an event, such as a death in the family or having to sell one's house and move. The circumstances that can cause depression are extremely numerous, from kids having trouble with friends at school to the elderly in a nursing home.

Circumstantial depression is also highly individualized.



Clinical depression defies circumstances and the depressed person may feel more depressed because he or she can't find a reason for such dreadful feelings.

Clinical depression may baffle those around the patient, too, because they can't understand how a person could be depressed when his or her life seems to be going fine. This lack of understanding may make the patient's depression worse.

Treatment approaches differ according to the type of depression the patient is experiencing as well as the individual's personality and lifestyle.



# Myths

There are a lot of myths surrounding depression that, when explained, help people better understand the illness. For example:

- \* **Isn't depression just self-pity?** – Depressed people may seem to be “wallowing” in their sadness, but it's not willful self-pity. It's a true medical illness, sources point out, that should be treated as such.
- \* **Medication for depression is overkill, and just treats the symptoms** – For those on the outside, so to speak, medication can seem like putting a Band-Aid on a massive wound. But often, medication is what the patient needs to feel good enough to seek help for the underlying problem.



\* **Depression is not a “real” illness** – Actually, it is; brain imaging studies have revealed how the actual chemical imbalances occur in the brain of a depressed person. It is considered physiological, even if the cause is circumstantial – the chemical imbalance may still be present regardless of the depression’s origin.

## **Other Factors**

Depression can be affected not only by circumstances; genetics, personality, psychology, and biology may also play a role.



Women are far more likely to be diagnosed with depression, indicating possible hormonal factors. Men, on the other hand, are more likely to succeed in suicide as a result of depression than women, although more women than men attempt suicide, sources report.

**In Australia help is available  
at Lifeline. You can call  
Lifeline's 24 hour crisis line  
13 11 14**



# Here Is A Yoga Exercise For Depression



**Spine Twist For Spine Health, Less Stress,  
Massage Internal Organs (Liver & Spleen)**





# Jill Healy-Quintard's Fitness and Wellness Tips.

**Aim:** To Rotate and Lengthen Spine.

Rotates Spine (Any spine twist is wonderful for detoxification due to the gentle massage affect to the internal organs) Inhaling helps lengthen the spine and exhaling helps with the rotation.

As you are massaging liver on one side and spleen on the other as you turn your creative energy is enhanced by keeping those internal organs healthy.



## Breathing

- Inhale and from upstretched position of arms open arms to shoulder level while turning upper body only to the right looking back at your right arm on the exhale.
- Lift back up onto the toes for balance and then lower feet, lower arms to look back to the left arm with spine twist (repeat 2 more each side) while inhaling and exhaling.

**Watch Points:** Keeping knees, ankles and feet in parallel alignment, (do not twist lower limbs).



# Contraindications

Spinal issues such as herniated disc, pinched nerves, rib injuries, shoulder injuries.



# Here Is A Yoga Exercise For Depression



**Cat Stretch (Marjaryasana)**



# Jill Healy-Quintard's Fitness and Wellness Tips.

**Aim:** Release for back muscles and promotes spinal awareness. Just think how a cat moves and the wonderful flexibility of their spine. Strengthens wrists and shoulders, massages the digestive organs and improves digestion.

Kneeling in the all 4's position also aids postural stability and an awareness and strengthening of the core muscles against gravity. This is a way of gaining core strength if unable to do roll ups or crunches as well as improving blood circulation.



## Breathing

Inhaling through nose and exhaling through mouth or nose.

- From all fours form a table top in neutral spine with your hands under the shoulders and shoulder width apart and legs hip width apart.
- Eye gaze to the mat with lengthened neck and in neutral spine inhale and raise your chin, push your navel towards the floor and raise your tailbone.



- Exhale drop your chin to your chest, arch your back and tailbone under.
- This flexion and extension can be repeated 3 or 4 times and return to neutral spine.
- Roll the toes under and lift back up to DownDog and walk hands back to feet and roll up to standing.

**Watch Points:** Knee and arm placement on all 4's.



# Contraindications

Back, neck, knee issues.





# Here Is A Yoga Exercise For Depression



**Warrior 1 (Virabhadrasana) and Lunge.  
Body and Balance Mind/Body/Strength  
Co-ordination and Balance**



# Jill Healy-Quintard's Fitness and Wellness Tips.

**Aim:** To open the chest and increases deeper breathing. It also increase body and mind awareness and stimulates the central nervous system.

The lunges strengthen the muscles of the legs while increasing the heart rate through use of the largest muscles in the body being the quadriceps. It is a balance, strength and stamina pose for body and mind.



# Breathing

## Nasal/Mouth

- From the end of the mat step right leg back and keep legs and feet parallel arms lengthened down the side of the body and shoulders down.
- Inhale lift the right heel and as you exhale lower the right heel to stretch, strengthen and align the legs.



- Inhale again and on the exhale lower to a lunge raising the arms to ear level. Remember to keep the left knee above the toes and right knee towards the floor. If there is knee pain modify by decreasing the bend.
- Repeat the 3-5 times and on the last exhale hold and either pulse for 3 counts or hold for 3 counts, depending on knee condition.

**Watch Points:** Knee over toe for lunge, crown of head to ceiling, arms lengthened at ear level, shoulders down to shoulder blades.



# Contraindications

Knee issues, shoulder issues, balance issues.



**This Ebook is a collaboration between Jill Healy-  
Quintard, Yoga Teacher at bodyandbalance  
& Global Healing Exchange**

