

The Role Pressure Plays in Depression

Video
2

TABLE OF CONTENTS

Internal and External Pressures
 Pressure Creates an Impression
 5 Common Pressures
 Depression Anxiety Vortex
 Sneak Peek at Video 3
 From Hurting to Healing



VIDEO – 43:18

As much as you would like to stay in inspiration mindset all the time, spins happen! Shifting you into a B-Spin mindset. We will explore 5 common pressures that can distract you from living from your Spirit. We'll also focus closely on why pressure makes such an impression.

I witness every day, in my counselling practice, that as unique as our individual stories may seem to be, our human consistencies prevail. We are all energy beings and are impacted by external and internal pressures, more than we would like to admit. This visual offers 9 pressure words that can help you better understand your experiences and will shed a new light on depression. Each will be articulated individually throughout the series. You will see that together they animate the process of hurting and healing.

1 Pressure	When life is demanding, distracting and overwhelming at times, it is common to feel depressed, exhausted and have a lack of vitality. This can be a temporary or prolonged impact caused by an event or overlapping emotional spins and pressures. It doesn't mean it has to stay that way.
2 Impression	
3 Oppression	
4 Compression	You will explore ways to recognize and address pressures when you lose momentum and enthusiasm.
5 Suppression	
6 Repression	
7 Depression	
8 Decompression	Certain common pressure experiences animated here, can lay the foundation for either temporary or chronic depression. Whether you are wanting to better understand your experience of depression, or someone else's, the following information is essential.
9 Expression	

INTERNAL AND EXTERNAL PRESSURES

You may be used to "impression" meaning the physical mark something has made when pressed against something else. It is true here too, as I am describing impression as the impact on you by both external and internal pressures. The greater the force of pressure being applied, the greater the impression.

EXTERNAL PRESSURES such as:

- demands from others
- chaos or conflict in relationships
- deadlines
- expectations, and
- stressful landscapes or circumstances.

INTERNAL PRESSURES such as:

- Health problems
- Unresolved Intellectual issues
- Emotional pain and chaos from past and present
- Trauma, and
- Grief and Loss

External pressures create internal pressure, and the chaos from internal pressure, can make it very difficult to attend to, and resolve, external pressures.

Dilemma

Dilemma is a good example of how combined internal and external pressures can create emotional chaos. *Have you ever had someone pressure you to do something you didn't want to do, knowing it didn't feel right to you?* As a social being, at any age, it is natural to be vulnerable or feel obligated to go along. Whether it be out of fear, loyalty or to please another, this is a dilemma ready to happen. A sure sign of dilemma is when you feel stuck between a rock and a hard place, as they say.



In a dilemma you would have experienced both the external pressure applied by the other person, and the internal pressure of the emotional or moral tug-of-war. This sudden upheaval can be shocking. Physically you would have experienced significant emotional energies. Your suspicion, angst, anxiety, anger, impatience and resentment expressed your healthy resistance to the imposed pressure. Tap into your healthy resistance to find strength to make a choice that works for you. Also, be aware of crossing that fine line where your sense of hurt, powerlessness, betrayal, fear, self-doubt and obligation can make you vulnerable to conform. The dilemma is far more intimate and complex when it is peer pressure. The betrayal cuts deep as your relationships are supposed to feel safe and fair. Your instinctive fear of loss, being humiliated and banished is understandable but it adds more pressure to your internal dilemma.



Connecting to your strength of Spirit you have the resources to address your internal chaos first. Finding your balance could take a matter of seconds, just minutes or much longer, based on the complexity of the dilemma. In any case, the internal process is the same. Turn inward to your core and give yourself permission to make a moral choice, that is congruent with your Spirit. In the wake of knowing you have the right, the intensity of your internal pressure and confusion can subside.



Taking a moment to look through the lens of your Spirit, you can clearly see what is really going on. The external pressure is exploiting your loyalty in hope that you will feel an obligation to conform. Exploitation is a betrayal creating deep hurt and uncertainty about what and whom is safe to trust. Anchored to the strength and clarity of your Spirit, you can diffuse the influence of the chaos and make a choice on your own behalf. Trust the wisdom of your emotional insight to tell you your truth, what you need and what choices you are willing to make. You will know when you are ready to address the external pressure. The energy of your internal momentum gives you incentive to have a voice and act on our own behalf. Whatever the circumstance, Spirit is your most reliable guide to navigate the pressures of dilemma in a meaningful way.

PRESSURE CREATES AN IMPRESSION

All pressures create emotional impressions. Suffice to say, you are hard-wired to react to protect your life, and your quality of life, from pressures that can cause you harm. Some emotions such as fear are common to many pressures. All pressures have some unique emotions which will help you identify what specific pressure(s) you are experiencing. Lists of emotions are provided in the next section to help you distinguish between your pressure experiences. Pay attention to your emotions, as each resonates at a specific frequency. For example: Emotions such as hopelessness and exhaustion resonate at a very low frequency, draining your vitality. In contrast, joy, happiness, fulfillment and inspiration resonate at a high frequency, contributing to your vitality.

In the severity of your surviving mindset, you may describe yourself as “feeling depressed” which could mean feeling sad, lonely, confused, stuck and overwhelmed, all at the same time. It can feel like emotional soup. But think for a moment how you somehow know that “sad” feels different than “lonely”. Although it is instinctive for you to be able to turn inward to depict the subtleties of your emotional experiences, you can get distracted. Staying focused is your key to unravelling and disempowering the mass of entangled emotional pressures.



When you identify specific emotions, you can attend to your needs. Different emotions have different needs, such as attending to feeling panicked vs. attending to being tired. It is natural to be disoriented, off balance and reactive when you are in a spin. Remember your emotional insight helps you make sense of your chaos, by identifying and separating what pressure(s) are present.

Some pressures could throw you into a spin of either coping or survival intensity. Here is something to keep in mind as you consider the following pressures and their relationship to depression.

“All DEPRESSION experiences are SPINS

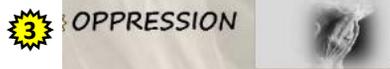
but NOT all SPIN experiences are DEPRESSION.

INTERLUDE 1 Review words - We are energy beings, Hardwired to react to pressures that pose a threat, Pressures create an impression, Impressions of Coping and Surviving Severity, High and Low energy Frequencies, Lonely is low frequency Joyful is high frequency, Emotional soup can be Overwhelming, Emotions identify which pressures are present

5 COMMON PRESSURES

The following visual model animates 5 common and unique pressures. Consider how they play a part in your life. Pressure is the root word, and root cause. Let's look at 7 of the 9 pressure words including one pressure at a time. With each of the pressures, consider whether or not they have put you into a spin of either coping or surviving intensity.

1 Pressures create an **2** Impression.



Oppression is when external pressure is being applied downward creating internal emotional chaos. Whether it be in your personal or professional life, oppression hurts. It is natural to feel deep hurt when you are being devalued, undervalued or exploited.

Pressure is commonly being asserted downward from authority, or the like. Micro-managing instills pressure, a lack of trust, fear reactivity and resentment because it feels unsafe and unfair. Here are three common examples of oppression often causing personal and professional burn-out:

1. Pressured - Being pressured to do more with less, and be ok with it.
2. Imbalance – Having too many responsibilities without the needed authority to complete the tasks. These unfair expectations create an internal dilemma, and builds significant internal emotional pressure.
3. Being bullied - Bullies attempt to feel powerful by instilling pressure, fear and self-doubt in others.

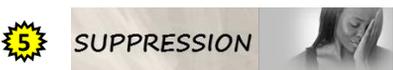
Oppression, however it appears, is painful, but in personal relationships it is a more intimate pain. Of course, in personal relationships it is essential to be valued and heard in meaningful ways. Your heart is more vulnerable to hurt as you rely on close relationships to provide a safe, loving place to grow and heal. Your emotions may be communicating oppression when you feel: unsafe, powerless, deflated, devalued, put down, diminished, threatened, isolated, scared, stuck, sad, resentful or alone.



Compression is when external pressures and demands are being applied from all directions. It is healthy to be a valuable contributor and resource for others because it gives your life meaning and purpose. If you begin to feel an internal emotional chaos, it is time to consider in what ways this demanding role has become toxic for you. Such indicators are feeling overwhelmed, captive and especially resentful, a sign it no longer feels fair.

First, ask yourself from where the toxic pressure is coming. *Are you putting yourself under toxic pressure? Or is someone else applying toxic pressure? Or both?*

Timeline pressure is also a common way to feel compression, where a sense of urgency and powerlessness are instilled. Whether it is from internal or external expectation, or timeline pressure, it is important to take a “meaningful pause”. This is a time to step back to consider what can and needs to change. Your emotions may be communicating compression when you feel: fearful, panicky, fragmented, shrinking, urgency, powerlessness, overwhelmed by external demand, used and abused, unsafe or exploited.



Suppression is an absolutely natural and conscious strategy to disconnect from your emotions, when you have the need. In an emergency or crisis, you may choose to push aside your emotions, in order to address the urgency of the situation. Your core values of compassion, generosity, humanity, and contribution take a priority over fear of your own pain to rise above, to help another.

Another common example of suppression is if you had to hide your feelings internally during childhood, because you did not have the means or support to process them at the time. Suppressing any feelings of fear, trauma and panic means that a lot of adrenaline energy is held internally, under pressure. No matter how the suppression happened it is important to return to your body to release the energy and to your heart to process your emotions.

Your emotions may be communicating suppression when you feel: fearful, powerless, unresolved, pressured, sad, alone, disconnected from self, confused, avoiding and denying emotions.

6

REPRESSION



Here you find yourself at the pivotal point between the 3 previous pressures of which you are conscious, and repression of which you are not conscious. Repression is when your psyche works on your behalf, repressing your sensory experience, and memory, of extremely painful events.

Regulating how you experience your hurting and healing process, your psyche provides a natural and necessary disconnection when needed. It is your silent partner, and later on, when you are ready and able, it reveals your pain to you so you can attend to it and heal. This occurs through receiving emotional echoes, which you will explore in the next video, From Hurting to Healing. Your emotions may be communicating repression when you feel: confused, chaotic, unclear, disconnected from your emotional level and authentic self, vulnerable, emotionally unresolved, guilty or full of self-doubt.

Trust that your psyche is attending to your emotional healing, past and present. More information is also available on repression in the next video. Your emotional healing is a natural and worthwhile process. Give yourself permission to take time to rest, and time to strengthen.

INTERLUDE 2 Review words -1 Pressure creates an 2 Impression, Internal and External pressures, 3 Oppression devalued, Undervalued, 4 Compression from all directions, Overwhelmed 5 Suppression conscious temporary disconnection 6 Repression unconscious disconnection Dilemma between a rock and a hard place, moral tug-of-war Primal physiological reaction telling you it is unsafe, unfair

7

DEPRESSION



A reminder that here depression is being defined from a psychological point of view as a pressure and an experience.

1. As a pressure, depression can be defined as:
 - A pressure upon something or a contraction within,
 - Causing to drop or sink
 - Weakening or lowering the force, vigour, or energy
2. As an experience, depression can be defined as:
 - Lowering in spirits or vitality
 - Disheartening, discouraging, saddening

*“All DEPRESSION experiences are PRESSURE of one kind or another
but NOT all PRESSURE experiences are DEPRESSION.”*

Merging these definitions, depression is a contraction within, where emotional energies are held captive and under pressure, draining your vitality. Any combination of pressures, or prolonged pressure, can lay the foundation for the experience of depression. When you feel overwhelmed you are often unable to see a way to resolve your circumstance. Survival mindset feels just like that... tunnel vision, energies bracing and limited resources. Your primal survival physiology jolts you into fight, flight or freeze, nature's alert to: fight to win the battle, flee to safety, or freeze, until the threat passes. Fight and Flight are intense energies because in the primal sense they are for basic survival.

In your everyday life the freeze mode is intended to be a “meaningful pause”. It gives time to tune in to see what is real and what you need, to attend to your quality of your life. It is important to know how to recognize yourself reacting from fight, flight or freeze. Tune into the intensity of your reactions to see if they are out of proportion to the situation. Your spin reactions can be severe at times, so it is easy to confuse the signs of a temporary survival mode with the depleted experience of prolonged depression. If you feel you are experiencing depression, I recommend consulting your doctor for a medical opinion, so you address all aspects of your experience.

A dual approach (medical and psychological) has been widely accepted to address the assessment and treatment of depression. Your doctor will also help you determine what specific nature of depression it is such as SAD (seasonal affective disorder), bi-polar, postpartum, situational, or prolonged depression. No matter how you have come to feel depressed, emotional healing is necessary and possible to get your balance back.

Assessing and addressing your mindset is a good place to start as it influences your capacity Physically, Intellectually, Emotionally and Spiritually. Your surviving mindset can be convincing when it voices all or nothing sentiments such as: I am always wrong! or I can't get anything right! Applying the Life on a Continuum visual model, you can see that you are not in surviving mindset all the time. It is important to reassure yourself that it is natural to flow from one mindset to another and back again.

Here are 10 specific areas to assess yourself. Are you in inspiration, coping or surviving mindset regarding each issue?

- 1 Energy
- 2 Motivation
- 3 Resilience
- 4 Sense of Proportion
- 5 Boundaries
- 6 Physical Experiences
- 7 Self-care
- 8 Attention Span and Memory
- 9 Decision Making
- 10 Communication



You use your capacity in these 10 areas to navigate your life in a meaningful way. You can appreciate how a prolonged surviving mindset could impact your capacity to navigate the challenges of life. Loss of capacity creates chaos and pain.

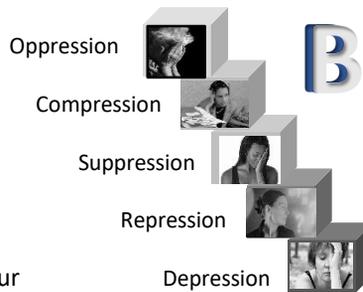
Your mindset impacts your capacity and your capacity impacts your mindset. From depression's surviving mindset tune into your emotional energies for insight into your experience and what you need to change it.

Your emotions may be communicating depression when you feel: defeated, fearful, bleak, small, powerless, overwhelmed, frozen, fragile, vulnerable, sad, desperate, anxious, insecure, easily aggravated, impatient and unmotivated.

"Most DEPRESSION experiences are SURVIVING mindset

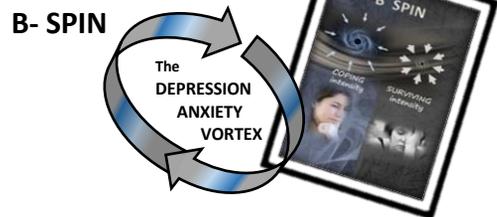
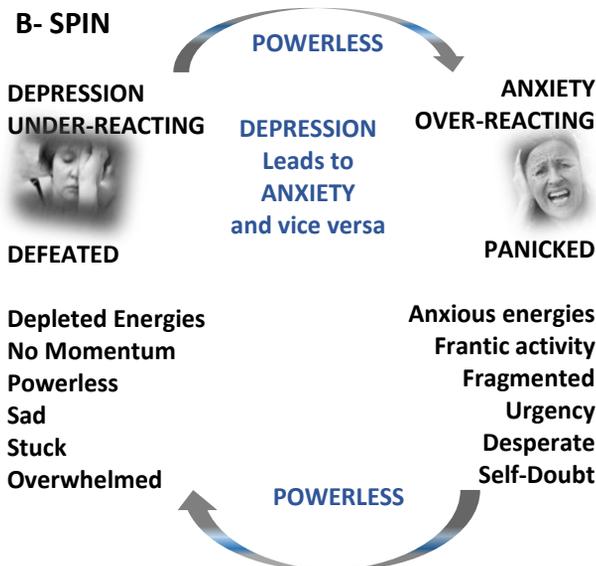
but NOT all Surviving mindset experiences are DEPRESSION."

Remember the first and greatest step you can take is toward your Spirit, your most reliable guide. It may seem like a very tall staircase to climb if you are experiencing one or more of these pressures but internally it is a fine line back to A-Spirit! Remember your Spirit is always present and invested in you and your well being. More on returning to Spirit in the next video...
From Hurting to Healing



Depression Anxiety Vortex

This next segment is about a well known, all-too-common partnership of depression and anxiety. Temporary experiences of depression and anxiety are common in the severity of surviving mindset. This visual explains how a vortex can be formed between these two emotions when their influence on each other is not addressed. One feeds the other, and together they can create a vortex around and around you go in a reactive state of being. When disconnected from inspiration, you can be vulnerable to the chaos of the following low frequency energies.



The vortex can be all-consuming. Both over-reacting and under-reacting are exhausting because they are rooted in feeling powerless, to change or resolve something.

You don't have to be captive in this vortex, now that you know what to look for!

Take an emotional step back to observer mode to see what is really going on and view things through the lens of your Spirit.

INTERLUDE 3 Review words Depression, Lowering of spirit and vitality, Disheartened, Fight, Flight, Freeze (Meaningful pause), Depression Anxiety Vortex, Surviving mindset severity, Reconnection to Spirit is your most accessible resource.

Whether your spins are caused by:

- These 5 Common Pressures,
- Disorientation of Surviving Mindset or
- Being caught in the Depression Anxiety Vortex

Reconnecting to your Spirit is your path back to Inspiration.

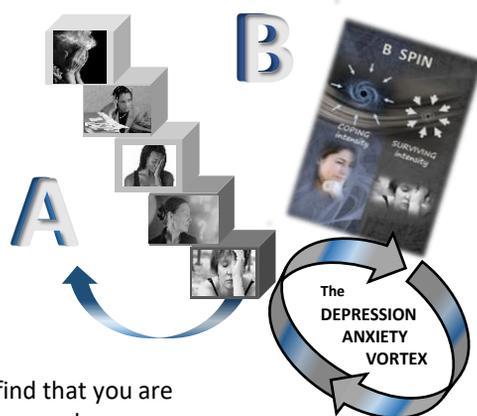
There is no question that your mindset impacts your experience and your experience impacts your mindset. This is good news as far as healing is concerned.

Even when you feel you can't initiate your own inspiration mindset, you may find that you are capable of responding to someone else's. Laughter creates a feeling of buoyancy and opens up your mind, body and heart to Spirit. Their laughter energy can become contagious!

Laughter and your Inspiration mindset go a long way to lessen the intensity of feeling depressed, medically and psychologically. Connecting to inspirational energies of nature, creativity, music, love and peace are always Spiritually rewarding.

This concludes The Role Pressure Plays in Depression. Now let's take a look at what comes next.

Here is a sneak peek at Video 3 - From Hurting to Healing.



The **Mindmap** is used to emphasize:

- 1 The Influential Force of **Disconnection** and
- 2 The **Pivotal Shift** from **Hurting** to **embrace your Healing**.

The **Keep in Mind** segment offers **6 Helpful Hints**, taking the fear and confusion out of your hurting and healing process. They shine light on how your psyche helps you navigate healing from past and present pain.

In Inspiration, Good things happen!



Credits

Video written and created by Rose Fuller M.Ed. RCC, copyright 2016, www.lifeinsimpleterms.net
 Music provided by Kevin MacLeod, Sovereign, Almost in F, www.incompetech.com