

Dear Friends and Clients;

Untreated depression is indeed dangerous.

According to the 12-24-2007 issue of US News and World Report, "depression wreaks havoc on the entire body by throwing the stress response system out of whack." The risk of heart disease, osteoporosis, diabetes AND CANCER are all raised as normal immune function is disturbed by anxiety, stress and /or depression. Difficult relationships, parenting and work issues all contribute to this situation.

All of you know that my "Prescription for Recovery" is given at your first session. This article confirms my "prescription" for getting (and staying) healthy. Basically, here's what we should all be doing for a healthy, happy lifestyle:

- **Exercise: raises endorphin level: even better if you get outside in natural light to exercise**
- **Journaling: research shows it increases hopefulness, releases stress**
- **Healthy eating: including protein in small, frequent amounts**
- **Regular Sleep: essential to mood stability and a healthy immune system**
- **A good social or family support system**
- **Cognitive Therapy: coming for a session BEFORE symptoms are out of hand**
- **Talk to your doctor about possible need for:**
 - **antidepressant medications**
 - **Fish oil supplements**

You will find more articles of interest on my website: www.DevineRelaxation.com

Best Wishes,

Debbie

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