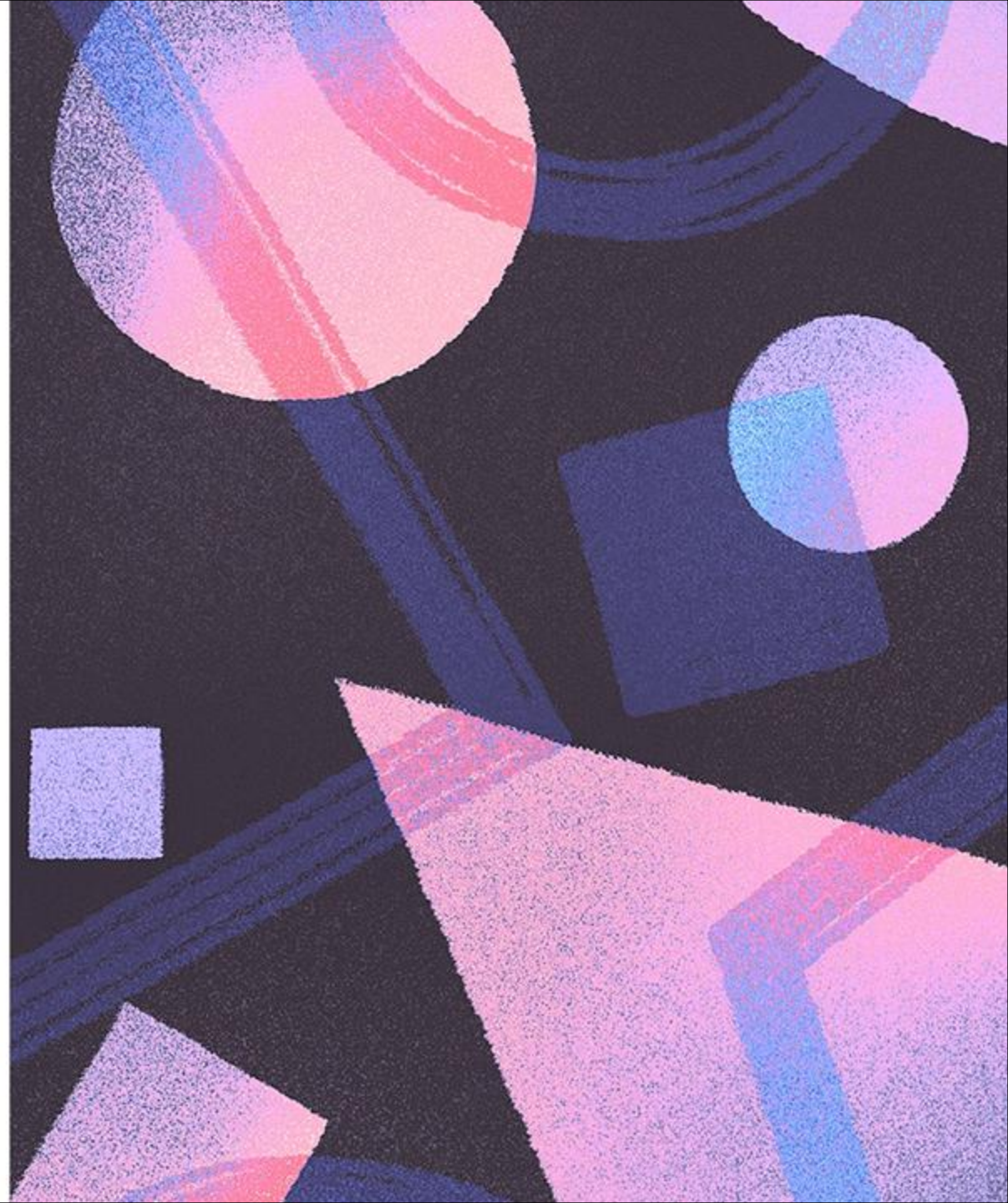


# Find Joy Within Depression & Anxiety



By Dr. KC  
March 2020



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## CONTENT

### 01

PART

**What Is Depression?**

### 02

PART

**Why I Am Anxious?**

### 03

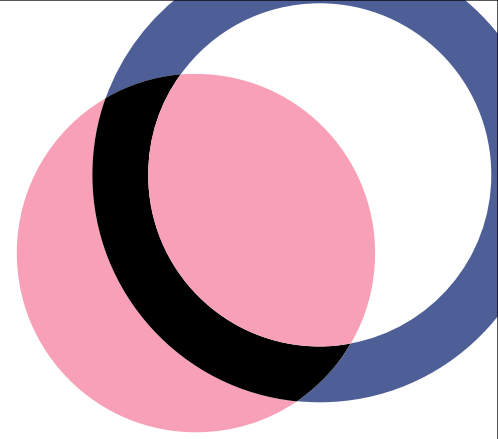
PART

**How To Find Joy?**

### 04

PART

**What Does The  
Bible Say?**



# What Is Depression?

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## 01 PART

### Depressed ≠ Depression

Depression is **NOT** just seasonal sadness, normal feeling down, or appropriate grief.

Feeling depressed does **NOT** mean you absolutely have depression.

**Acknowledge** your feelings but do **NOT** label yourself easily. Seek professional help when in doubt.



# What Is Depression?

## 01 PART

### Clinical Depression

A mood disorder that causes a persistent feeling of sadness and loss of interest and can interfere with your daily functioning.

**Medication** and **Therapy** are primary treatment methods.

## **Worries & Fear**

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- the unknown
- bad things may happen
- being out of control





Why I Am Anxious?

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**02**  
**PART**

## Anxiety Disorders

- **Generalized Anxiety**

Worry about everything anything to the level that interfere your daily functioning.

- **Specific Anxiety**

Worry and fear are situational and circumstantial to a specific object, creature, task, activity, or illness.

**Medication** and **Therapy** are primary treatment methods.

## How To Find Joy?

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# 03 PART



**Balanced Diets, Sleep, Exercise**

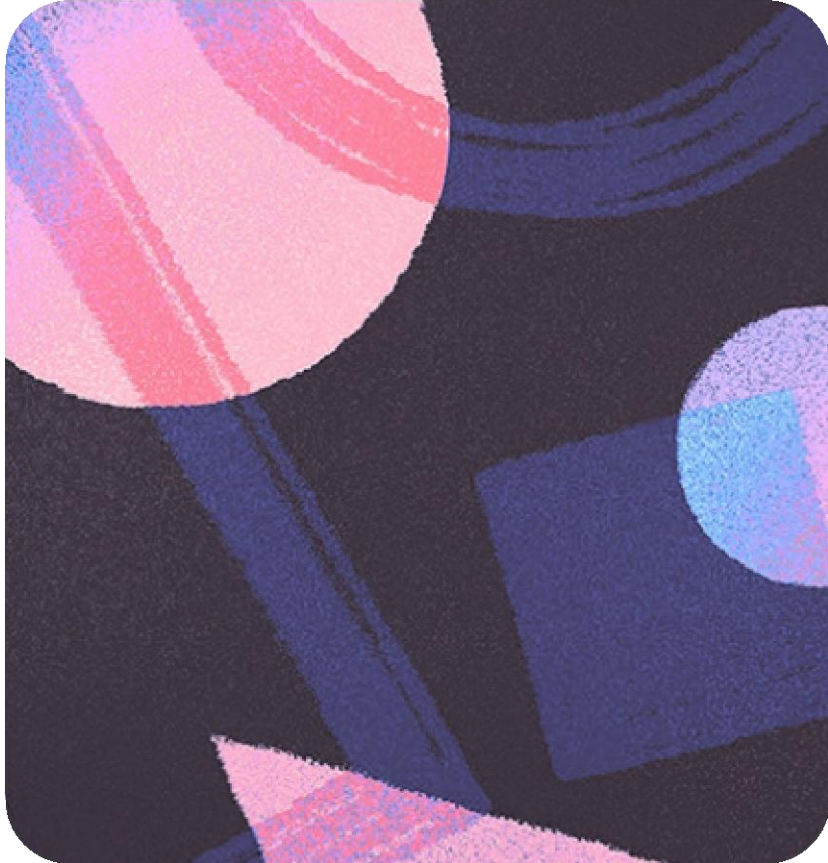
**Be Grateful For Little Things**

**One Day/ Step/ Bite At A Time**

**Celebrate Every Small Achievement**

# What Does The Bible Say?

## 04 PART



- **Matthew 6:34**

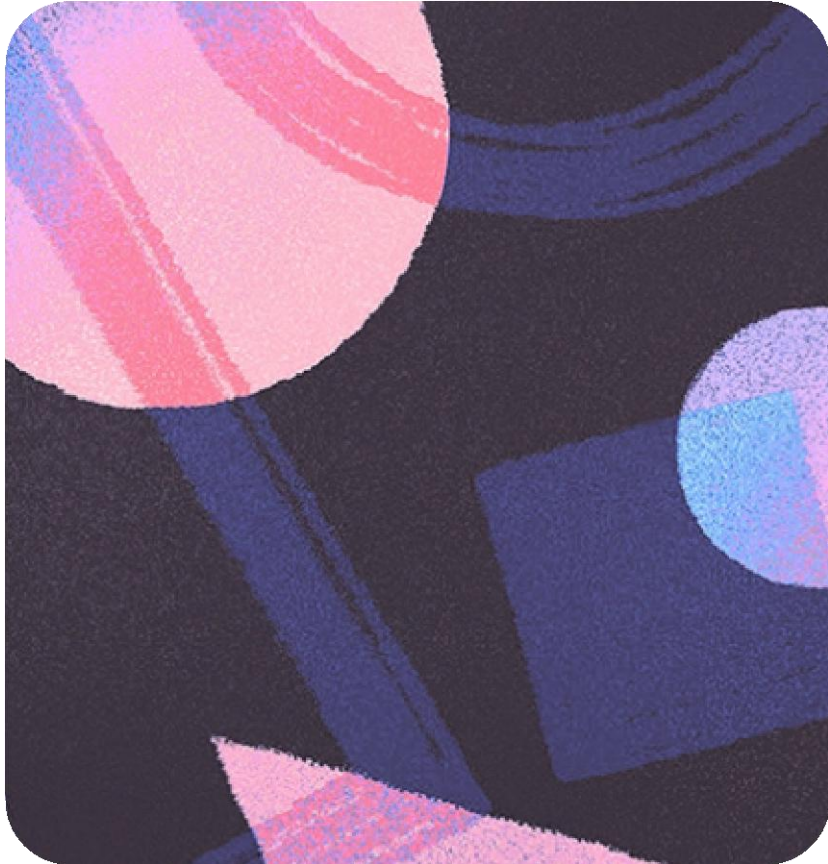
“Do not worry about tomorrow, for tomorrow will worry about itself.”

- **Philippians 4:6-7**

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

# What Does The Bible Say?

## 04 PART



- **Psalm 42:5**

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.”

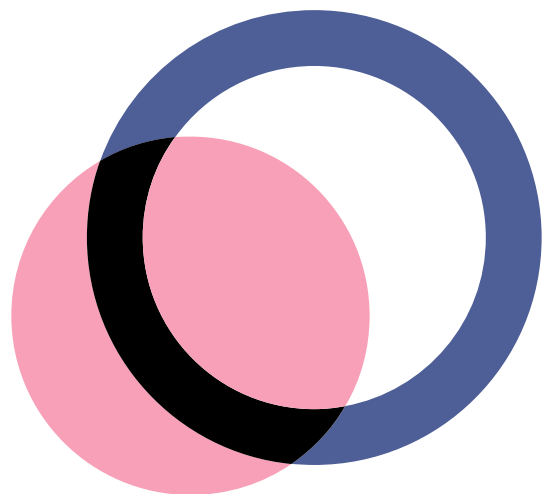
- **2 Corinthians 4:8-9**

“We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed.”

# Hope In Heaven

“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

—**Revelation 21:4e.**



**THANK  
YOU**

