

Depression - Get Up, Get Dressed, Do Your Best



Sharing stories, plus cake.

How good is that!!!

Chris Filmer

My Story

I was diagnosed with Bi Polar Type One at the age of forty, while serving in the Royal Australian Air Force. This illness has changed my life dramatically, with a series of Manic episodes followed by the lows of Depression.

These bouts of Depression have been mild to severe. I've had suicidal thoughts on the severe lows and thinking about my daughter Jasmine at these times has got me through.

I am thankful to my partner Jaye for her continued support and for sharing her story of losing her mother to suicide. This helped me to understand that no matter how bad I feel, my daughter and my family would prefer that I am alive.

This book came from my own experiences. They are suggestions to get you out of bed, off the couch, to the kitchen, or outside. Anything to get you out of the dark place, yes, it may be short lived, but it may be enough to make you feel better or stop thoughts of Suicide!!!

I would like to thank Daniel Grace, who was a shoulder to lean on during my first hospitalisation in Manly East Wing.

Maureen my sister painted the Art Therapy picture; this was one of her first using art as therapy.

Below my daughter, truly my lifesaver!



*“Sometimes the best plans
Are no plans at all”*

Confront Meaning:

*A problem
presents itself to
someone so that
action must be
Taken.*

Google

Choose One Thing



‘It only takes one small step
Two change your life’

Human Touch



Its nature's way to calm you...

Great Outdoors



Get outside for some natural therapy...

Art Therapy



Show some artistic flair...

Love



Can get us through the hard times...

Music



Of all types soothes the soul...

Strawberries, Champagne & Chocolate



Invite some friends to join you!!!

Shopping



Even the smallest gift for you is
uplifting!!!

Haircut



Looking better, feeling better!!!

Donuts



Now that's worth getting out of bed for
Yummy!!!

Massage



It will certainly leave you feeling
relaxed and refreshed...

Swimming



Take the plunge. Exhilaration!!!

Ice Cream



Savour the moment...

Enjoy the sensation!!!

Gardening



Get the soil on your hands...

Enjoy plant life...

Women, Wine & Song



Push the boundaries

Or choose somewhere in between...

Animals



Pet therapy. Pat, walk or cuddle.

Just enjoy...

Walking



Start out small. Explore your neighbourhood. Do it daily!!!

Family & Friends



Reach out to them when needed...

Flowers



Brighten up any room!!!

Fast Food



May not be healthy. But if it gets you
out of bed, it's worth it!!!

Medication



Has its place and can help you out of
A sad place...

Laughter



I'm not Old!!!

I'm Chronologically Gifted!!!

Healthy Food



Healthy body equals healthy mind!!!

Faith



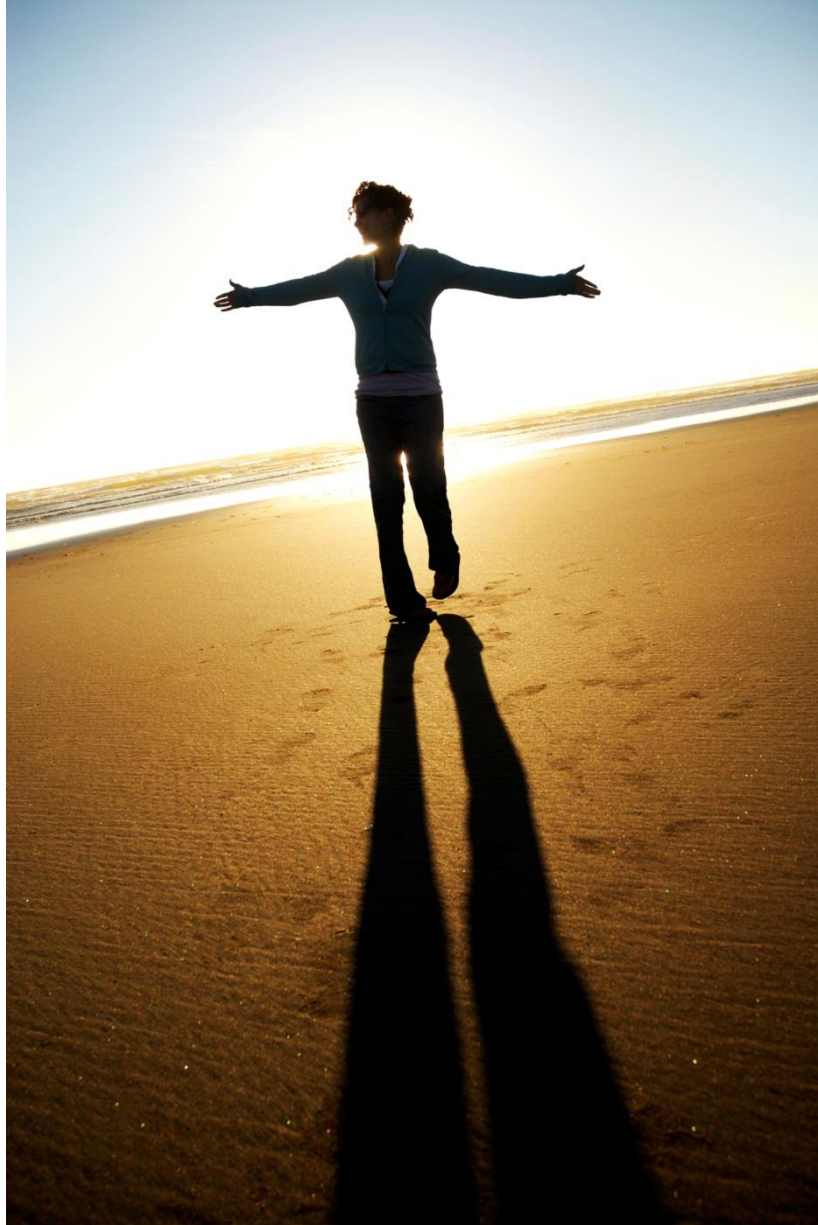
Turn two in times of need...

Ask For Help!!!



Sometimes the hardest thing to do...

Is Everything OK?



It's great to get to know yourself...

Counselling



Speak to someone NOW!!!

My Top 9

- 1/.....
- 2/.....
- 3/.....
- 4/.....
- 5/.....
- 6/.....
- 7/.....
- 8/.....
- 9/.....

As in life, choose
what's best for you.

Leave the rest!

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