

Seelische Grippe

Samira Bricks

Seelische Grippe Selbsthilfebuch Depression Lebenskrisen

Samira Bricks



Seelische Grippe Selbsthilfebuch Depression Lebenskrisen:

Seelische Grippe Samira Bricks, 2015-12-16 Seelische Grippe Warum so ein plakativer prägnanter Titel Dafür gibt es mehrere gute Gründe 1 Weil er hilft zu begreifen Man kann nur etwas angehen wenn man es versteht Depressionen haben unterschiedlichste Ursachen verschiedenste Symptome können langwierig sein und sowohl für Betroffene als auch für Angehörige schwer zu ertragen sein Depressionen sind im wahrsten Sinne komplexe Probleme bei denen man oft berfordert ist und nicht weiß wo man anfangen soll sie zu lösen Man muss es herunter brechen vereinfachen einen anderen Blickwinkel darauf bekommen Und genau deswegen heißt dieses Buch Seelische Grippe 2 Gemeinsamkeiten Grippe und ich spreche hier nicht von einem Schnupfen oder einem grippalen Infekt und Depression haben viel gemein Sie sind enorm Kraftzehrend verlangen unsere vollkommene Aufmerksamkeit können uns schlagen uns nieder wir fühlen uns macht und hilflos bekommen nichts mehr geschafft und wollen uns nur noch verkriechen Beide Krankheiten haben noch etwas gemein Beide sind heilbar Für die Bekämpfung von Infekten wie z.B. von Grippe ist das Immunsystem zuständig Dass man sein Immunsystem und seine Abwehrkräfte stärken kann wissen wir spätestens seitdem probiotischer Joghurt und Multivitaminsaft auf dem Markt sind Nur was für Abwehrkräfte braucht man bei einer Depression Genau darum soll es in diesem Buch gehen 3 Entstigmatisierung Hast Du schon einmal erlebt wegen einer Grippe oder Erkrankung oder wegen eines gebrochenen Beins verachtet worden zu sein Ich auch nicht Warum auch Dagegen ist man mir als ich depressiv war sehr oft mit Feindseligkeit und Unverständnis oder gar mit Verachtung begegnet Kennst Du das So als wäre man minderbemittelt und unmündig oder als habe es man sich ausgesucht depressiv zu sein Ich hatte damals nicht die Kraft mich zu wehren Heute würde ich diesen Menschen gehörig die Meinung sagen Das absolut Letzte was man als kranker Mensch braucht ist jemand der einen schlecht oder geringschätzig behandelt Auf Schwachen wird leider gerne herumgehackt Und Menschen neigen dazu sich selbst und andere in Schubladen zu stecken Das hilft niemandem weiter Das brauchen wir nicht Wenn man Depression als heilbare Krankheit begreift und man Depressive nicht als Leute sieht die einen an der Klatsche haben kann man besser gesunder und konstruktiver damit umgehen Wirklich jeder kann depressiv werden Und jeder kann genesen und wieder glücklich werden Warum noch ein Buch über Depression Nun weil man einfach nicht genug tun kann um zu helfen Außerdem ist jede Depression anders und auch ich konnte damals als ich depressiv war mit keinem Selbsthilfebuch für Depressive etwas anfangen Am Schlimmsten fand ich die Bücher von Experten die selbst nie eine Depression hatten ganzlich unempathisch waren und nur Symptome und Behandlungsmethoden aufzählten Was soll mir als Betroffener das helfen Interessanterweise findet sich unter den Büchern die ich Dir am Ende dieses Buches empfehle kein einziges welches sich explizit mit Depression befasst Nachdem ich drei Selbsthilfebücher für Depressive durchgearbeitet hatte war ich keinen Schritt weiter Es mussten andere Bücher her Und das Beste aus diesen Büchern und Methoden die ich für mich selbst entwickelt und sehr hilfreich empfunden habe finden sich hier in diesem Buch Man kann mit Fug und Recht behaupten Man begreift Depression erst wenn man selbst eine hatte und sie

berwunden hat daran gewachsen ist und so viel Abstand gewonnen hat dass man das Gesamtbild sieht und nicht nur einzelne Pinselstriche oder vielleicht gar nur die Poren in der Leinwand Dann erst wei man was es hei t und kann anderen wirklich helfen wenn man denn will Und das will ich sehr gerne tun Packen wir es an Bibliographie der deutschen Bibliographien,1965

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