

D.A.S. - Depression/Anxiety/Stress

Stress, anxiety, and depression are not always separate and discreet entities – though we like to think of them as such. Many people suffer from a cocktail of all three that results in a unique syndrome for each person. Am I depressed, stressed out, or anxious is a legitimate if not sometimes confusing question for many people. Trying to make an accurate self-diagnosis often confuses the issue more. The simple approach is to just admit to yourself that you are suffering from DAS – a cocktail of Depression Anxiety & Stress.

A general anxiety can create a depression, which can cause much stress in a person's life as they seek to relax their anxious mind. A depression can cause much stress and worry as people seek to motivate themselves. Similarly, stress can cause much anxiety and depression as a person seeks to deal with chronic pressure. The power of DAS cycles, particularly when they become embedded in a person's life, are intense. Changing these Stress-Depression-Anxiety cycles requires a monumental effort equivalent to the effort needed to change one's lifestyle after heart-surgery or some serious illness.

Needing help

Also, changing DAS cycles usually cannot be done on one's own. Breaking the DAS cycle takes more than just good intentions or quiet aspirations; it takes a programme of change that one cannot do on one's own. People need help, encouragement, persistence, and a day-to-day strategy to overcome deeply ingrained self-reinforcing habits.

Indeed, one of the core causes of DAS is a singular quiet self-sufficiency and self-control that contributes to creating a cycle of impotent attempts at self-improvement. In other words, people who suffer from DAS continually overestimate their own ability to solve it.

No matter how intelligent a person is, or how well intentioned he or she is, it is enormously difficult to effect these kinds of changes through introspection and quiet determination. No matter how hard you try, you cannot lift yourself off the ground with your own hands - you need help from outside yourself.

Understanding that you need to change, and having the will to change, is different from knowing how you need to change and being able to let go of one's self-defeating self-sufficiency. . "I'm okay, don't worry about me, I have myself under control" is the usual self-delusion. Many middle-aged men learn this the hard way. They don't admit to a problem, or even experience a problem, until either their body, their job, or their relationships break down around them

Women also suffer from DAS. They, more often than not, are over-functioners. They can be over-responsible and carry the burden of making sure that their marriage, family, work, and domestic life is functioning. Over a period of many years, they have no idea how their sense of peace, happiness, and hope are gradually been worn away. Like greying hair, the effects of the DAS cycle goes largely unnoticed until some distressing event reveals that one's deterioration has been quietly progressive.

You look in the mirror one day and realise that you have been aged by worry, stress, and depressiveness. The smile-lines are gone and you have begun to forget what it was like to be you.

If you feel somewhat like this, don't feel bad but do realise that you have a responsibility to take yourself seriously. You must see DAS as being the equivalent of having detected diabetes or a heart condition or some other serious but reversible illness.

Your first job is to admit that you have a problem. Very often it is a result, not of you being weak or ineffective, but of you placing demands on yourself over many years that have always slightly exceeded your resources. You have, over a long period of time, been drawing a little more from your inner reserves than you can afford to - so that now you find yourself running on 'Empty'. The well is empty and there is little left to sustain you.

Drawing on your inner reserves over a long period of time eventually results in a gradual breakdown. Yes, you can probably keep the show on the road, but the lights have dimmed.

If you are like this I can only appeal to you to take this condition seriously. You have developed such bad mental health habits that you have become a martyr to yourself. You must let go. Tell someone how bad it is. Pull the curtains back slightly and let the light of someone else's care shine into the darkened rooms of your self.