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!!!
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

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2/..............................................................................................................................
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4/..............................................................................................................................
5/..............................................................................................................................
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As in life, choose what’s best for you.
Leave the rest!

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