



Feeling Blue? What Can a Person Do?

“On the day I called, you answered me, you increased my strength of soul.” Psalm 138:3 (NRSV)

Depression is an emotional illness that is often misdiagnosed. Although only some Americans believe that depression is a true health problem, many Americans are affected by this disease every day, some unaware of the impact. Prayer and prescribed medications are great ways to manage depression symptoms, and regular physical activity is also a powerful technique. Activity can be convenient and inexpensive. Activity not only improves a person’s emotional/mental state, but also a person’s physical state. Participating in fun physical activities helps keep the mind off of troubling or stressful thoughts while keeping the heart pumping and the body moving. To increase the fun factor, include family, friends, and church members.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



Feeling Blue? What Can a Person Do?

“On the day I called, you answered me, you increased my strength of soul.” Psalm 138:3 (NRSV)

Depression is an emotional illness that is often misdiagnosed. Although only some Americans believe that depression is a true health problem, many Americans are affected by this disease every day, some unaware of the impact. Prayer and prescribed medications are great ways to manage depression symptoms, and regular physical activity is also a powerful technique. Activity can be convenient and inexpensive. Activity not only improves a person’s emotional/mental state, but also a person’s physical state. Participating in fun physical activities helps keep the mind off of troubling or stressful thoughts while keeping the heart pumping and the body moving. To increase the fun factor, include family, friends, and church members.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)