

stress pills/anti-depressants

Posted by wannabehappy - 14 Jun 2011 00:24

Does anybody have any luck with these to break the despair cycle?

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Re: stress pills/anti-depressants

Posted by alexeliezer - 14 Jun 2011 18:19

I have no experience with pills for this ailment and BH have never needed antidepressants. I have been through many very painful experiences. The most important thing you can do is think positive thoughts. Say positive things to yourself on a regular basis. If you catch a negative thought, turn it around. Your thoughts become your feelings. Can't manage this on your own? Consider a therapist that specializes in cognitive therapy to teach you.

My concern about looking to antidepressants to break your "despair cycle" is just that. You will be looking to the medicine to do the work, and if it doesn't, you're looking for the next one. Break the cycle by stopping the addictive behavior instead. You can overcome addiction without medicine.

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Re: stress pills/anti-depressants

Posted by DesertLion - 14 Jun 2011 21:42

Dear Wannabehappy,

One of my friends was on anti depressants and they made him even worse if anything. He was already depressed due to a gambling addiction, but the medication just turned him into a dopey zombie. No jokes about it, I seriously don't advise taking them because I've seen what they do to people.

The only way to combat the depressive cycle is to take the right action in one's life. There is no easy quick fix , but trying one's best one day at a time will get you of the pit if you persevere.

Hope that helps,

DL

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Re: stress pills/anti-depressants

Posted by wannabehappy - 14 Jun 2011 23:33

Ok so no points for the anti d

What's about stress stuff like supplements with natural stuff in it?

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Re: stress pills/anti-depressants

Posted by TheJester - 15 Jun 2011 10:57

[wannabehappy wrote on 14 Jun 2011 00:24:](#)

Does anybody have any luck with these to break the despair cycle?

You would want to speak with a specialized professional who cares about your recovery, especially if you are within the US or Israel.

In my personal experience, the medication (a type of Valium) was successful in taking the edge of extreme stress, despair and anxiety for a very short period of time, when things seemed overwhelming. To be clear, it did not cure or even help to cure or break any despair cycle. What it did do was calm me down enough (let me sleep properly for the first time in days, so as not see a massive obstacle *everywhere* I turned) to make decisions and take actions to release me from that cycle, through confronting the areas, facing up to them and dealing with them, directly and quickly. It took a lot of self-control not to keep taking it after the first couple of days, and I am happy that I did not.

I have seen similar medications used as crutches, and then it's just one more addiction to break. In some cases (of which I know personally), they become chronic addictions, and screw people up badly.

Of course, everyone is different, and requires a tailored solution, therefore anything I write here might be completely irrelevant to you.

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Re: stress pills/anti-depressants

Posted by alexeliezer - 15 Jun 2011 18:59

[wannabehappy wrote on 14 Jun 2011 23:33:](#)

What's about stress stuff like supplements with natural stuff in it?

What about regular, vigorous exercise. And weights. Maybe a new sport?

I'm serious.

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Re: stress pills/anti-depressants

Posted by TheJester - 16 Jun 2011 09:10

[alexeliezer wrote on 15 Jun 2011 18:59:](#)

What about regular, vigorous exercise. And weights. Maybe a new sport?

I'm serious.

+1 8)

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Re: stress pills/anti-depressants

Posted by wannabehappy - 16 Jun 2011 23:07

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Re: stress pills/anti-depressants

Posted by alexeliezer - 17 Jun 2011 20:45

ouch! speechless

Good Shabbos Reb Happy

Alex

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