

# Spotlight Deliverance Temple

Bishop F. Stephens, Sr. Overseer

Elder Phillip K. Jackson, Sr. Pastor

January 2012

The Lord will sustain him upon his sickbed; in his illness you restore him to health. *Psalm 40:3*

## NURSES' UNIT NEWSLETTER



Health Awareness Monthly Calendar: **January**

Thyroid Awareness  
Cervical Health Awareness  
National Glaucoma Awareness  
National Birth Defects Prevention

### SICK AND HOMEBOUND

*Our prayers are with you...*

Mother Gibson, Terri Tramel, Mishell Bailey, Mother Moore

### PRAYER OF THE MONTH

#### **A Prayer for the sick**

*Oh heavenly father, I lift up my eyes to you in prayer this day. Help those who are in hospital, home bound and in nursing homes. I ask that you bless them with purpose and hope. Help them to know to stay in connection with you beyond their walls, and grant them the ability to fulfill all those tasks to which you called them. Heal them of fear and loneliness, and walk with them through the infirmities that are challenging in the name of Jesus Christ, Amen*

**Warning!** Do not use this information to self-diagnose. It is intended to complement, not substitute for the advice of your own physician. You should consult with your doctor, who can discuss your individual needs, symptoms and treatment

#### **A WORD OF CAUTION:**

**Please do not ask our church nurse for medical advice or to hand out any medications. Only a doctor is qualified to diagnose and prescribe treatment**

Check out our bulletin board in the dining area. Each month you will find a new health subject. If you would like the Nurses' Unit to research a health subject of your choice, we will be glad to do so. Please inform  
Sister Gloria Legett, R.N.

### Health Corner:

#### What You Need To Know About Depression

Depress may be described as feeling sad, blue, unhappy, miserable, or down in the dumps. Most of us feel this way at one time or another for short periods. True clinical depression is a mood disorder in which feelings of sadness, loss, anger, or frustration interfere with everyday life for weeks or longer. The exact cause of depression is not known. Many researchers believe it is caused by chemical changes in the brain. This may be due to a problem with your genes, or triggered by certain stressful events, more likely it's a combination of both.

Some types of depression run in families. But depression can also occur if you have no family history of the illness. Anyone can develop depression even kids. The following may play a role in depression, Alcohol or drug abuse, certain medical conditions including deractive thyroid cancer, or long-term pain. Certain medications such as steroids, sleeping problems, stressful life events such as breaking up with a boyfriend or girlfriend, failing a class, death or illness of someone close to you, divorce, childhood abuse or neglect job loss, social isolation (common in the elderly). Depression can change or distort the way you see yourself, your life, and those around you. People who have depression usually see everything with a more negative attitude, unable to imagine that any problem or situation can be solved in a positive way. In general, treatments for depression include medications called antidepressants, and or talk therapy called psychotherapy. If you have thoughts of suicide or harming yourself or others immediate call your local emergency number (such as 911) or go to the hospital emergency room.

You may also call a suicide hotline from anywhere in the United States 24 hours a day, 7 days a week 1-800-SUICIDE or 1-800-999-9999. Call your doctor right away if you hear voices that are not there, you have frequent crying spells with little or no reason, your depression is disrupting work, school, or family life, you think that your current medications are not working or are causing side effects. Never change or stop any medications without consulting your doctor. Learn to recognize the early signs that your depression is getting worse. The following tips might help you feel better, get more exercise, maintain good sleep habits, seek out activities that bring you pleasure, volunteer or get involved in group activities, talk to someone you trust about how you are feeling, and try to be around people who are caring and positive.

National Center for Biotechnology