

# book reviews

## *Dealing with Depression*

By Jan Marsh M.A (Hons), Dip. Clin.Psych.

Reviewed by Emma Regan, Orange



### DEALING WITH DEPRESSION

JAN MARSH M.A. (HONS), DIP.CLIN.PSYCH.

SIMPLE WAYS TO GET YOUR LIFE BACK

'... offering a light at the end of the tunnel  
for those living with depression.'

— Link magazine

Most of us will either live with depression or know someone who does. Around 1 million Australian adults have depression in any one year and it's estimated that 45 per cent of people will experience a mental health condition in their lifetime.

And it's really no wonder. We live in a frenetic, fast-paced world that never stops. And I mean never!

Think about it. We almost never switch off! We juggle the demands of family and work; always available, always connected, always planning, running errands, looking after children, baking for canteen, supporting friends ... and the list goes on. And on top of this, many of us have an 'inner critic' fuelling depression further with judgement, expectations and negative messages. Sound familiar?

Clinical psychologist Jan Marsh believes that given the right conditions—good self-care and supportive relationships, the mind can heal itself. In her book, *Dealing with Depression*, she provides the rationale for depression; what it is, why we get it and how we can manage or prevent it through some basic things you can do which will create the shift necessary to start the process of feeling better.

Jan explains that depression is a process that follows the laws of nature and that it is our genes, brain chemistry and environment which are the factors that determines whether we will or won't face depression. So, the likelihood of experiencing depression is

dependent on the number of these factors working against you.

Jan also highlights the power of the mind and the role self-talk plays in depression as our thoughts create our feelings which cause our behaviour. So, positive, kind self-talk makes us feel better which improves our life and relationships. Sounds simple!

Well, that's what I loved about this book. It is simple and easy to follow (extremely important when you're amongst the 'fog' of depression) and highlights that getting the fundamentals of life in balance—food, sleep, movement and positive self-talk—are the keys to getting your life back.

I highly recommend this book to anyone experiencing depression or for those who know of someone who is.

My take home message was to just do one small thing—it will make a difference.

As Jan says, 'The important thing is to do something.'

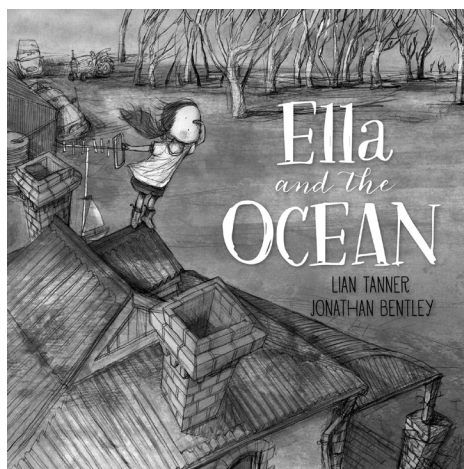
RRP \$19.99

ISBN: 9781925335934

Publisher: Exisle Publishing

## *Ella and the Ocean*

By Lian Tanner



A very Australian story of drought and renewal, of family, of imagination and of the power of hope.

Ella lived in the red-dirt country where the earth was as dry as old bones and it hadn't rained for years and years and years and years.

One night, Ella dreamt of the ocean...

A captivating picture book from the award-winning author of *The Keepers* and the CBCA Notable illustrator of *Where is Bear?*

RRP: \$24.99

ISBN: 9781760633691

Publisher: Allen & Unwin

## Country Web: Next issue



Contributions and advertising bookings for our 2020 annual issue of *The Country Web* themed 'Think Well, Feel Well' are due 30 April 2020 for publication in August 2020.

We want to hear from you about your ideas for staying well and tips for overcoming life's challenges. As an extra special feature we are asking readers to share with us a photo and short story of their favourite pet—animals can play an important role in our wellbeing and happiness and this is particularly true for rural people. So whether it's a dog, pig, horse, chook, lizard, or any other animal, send us a photo and let us know why they are special to you.

Please forward contributions to:

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## Reader giveaway

Rural Women's Network has several copies of *Dealing with Depression*, and *Ella and the ocean* to give away.

To win, simply tell us which book you would like to win and why, in 25 words or less.

Post your entry to RWN, Locked Bag 21, Orange 2800 or email your entry, with the subject 'CWEB Reader giveaway') to [rural.women@dpi.nsw.gov.au](mailto:rural.women@dpi.nsw.gov.au)

Entries close 30 November 2019.

Winners will be notified by phone so please include a daytime contact number. See page 2 for competition Terms & Conditions.