



Transforming Depression Group Reading Guide

Dr. Kathryn (Kate) E. Patten

Transforming Depression: The HeartMath Solution for Feeling Overwhelmed, Sad, and Stressed

Authors: Doc Childre and Deborah Rozman

Introduction and Chapter 1: Emotional Awareness

1. Why do many people not recognize that they are depressed?
2. What are the behavioural results of depression?
3. What is the common cause of depression? (p. 2)
4. What is the “ANS” and what does it do? (p. 4)
5. Some “qualities of spirit” are love, compassion, appreciation, kindness, joy; not judgment, shame, guilt, anger, anxiety or stress.
How do I define “spirit”?
6. What are the contributing factors of depression? (p. 10)
7. Which of the above factors affect me?
8. What are the three types of depression?
9. How can I deal with my self-generated or internal stress?
10. What are some possible solutions for my external stressors?