



## ***Transforming Depression Group Reading Guide***

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

Authors: Doc Childre and Deborah Rozman

#### **Chapter 2: The Planetary Shift**

1. Current Canadian statistics indicate antipsychotic drug dispensing to children increased 33 percent over a 4-year period. Over the same period, dispensing antidepressants increased 63 percent. What might cause this increase in our society? (see p. 24 for examples)
2. What are the current treatments for depression? (p. 21)
3. What is the difference between low-grade depression (or subclinical depression) and chronic (or clinical depression)?
4. What things can affect our susceptibility to depression?
5. What happens to repressed emotions/ unresolved feelings? (pp. 25-26)
6. What is “emotional responsibility”? (p. 27)
7. When we feel emotionally safe to access our “heartfelt” feelings, we can access our “heart intelligence.” What does this mean?
8. What is the “planetary shift”? (p. 29)
9. When I have completed the exercise on p. 29, what things stand out for me?
10. What can I do about these things?