



# Navigating emotions

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# Purpose of this presentation

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- To give a general understanding of Depression and Anxiety
- Signs and symptoms
- Common coping strategies





# Depression

Depression is a mental health problem that involves having a low mood or losing interest and enjoyment in things. It can also cause a range of other changes to how you feel or behave.

Source: Mind

# Signs and symptoms of Depression



continuous low mood or sadness



feeling hopeless and helpless



having low self-esteem



feeling tearful



feeling guilt-ridden



feeling irritable and intolerant of others



having no motivation or interest in things

# Behavioral signs of Depression

Avoiding	avoiding contact with friends and taking part in fewer social activities
Neglecting	neglecting your hobbies and interests
Having	having difficulties in your home, work or family life



# Anxiety

The main symptom of generalised anxiety disorder (GAD) is feelings of stress or worry that affect your daily life and are difficult to control.

Source: NHS



# Symptoms of Anxiety

- difficulty sleeping
- feeling restless, irritable or finding it difficult to concentrate
- getting tired easily
- feeling tense
- stomach problems
- a more noticeable or unusual heartbeat (palpitations)
- feeling lightheaded or dizzy

Source: NHS

# Common themes faced by Transplant Patients that cause psychological challenges

Fear of organ rejection

Guilt (benefiting over another person's loss)

Medication side effects

Body Image and Physical changes

Survivor's Guilt (surviving when other's did not)

Isolation

Lifestyle restrictions

Uncertainty about the future

Loss of identity

Financial stress

Medication Regime

Where do  
we start?

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Normalise the experience

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Transplant is not just a physical process

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Psychologically emotional

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Normal emotions

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We can feel anxious or even depressed

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Reflect on the life altering event

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It is ok to not feel ok all the time

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# Practical ways to cope

Talk to someone (**trusted friend, family member, support group**)

Routine helps stability (**getting up, shower, breakfast, housework, cooking etc.**)

Mindfulness or breathing exercises (**use apps, YouTube, walking**)

Limit overwhelming information (**social media, news etc.**)

Celebrate small wins (**pay gratitude to what you have achieved each day**)

Asking for help is a strength, not a weakness (**seek therapy - professional help**)

# Positive emotions

- Relief
- Gratitude
- Determination
- Optimistic
- Heightened sense of resilience



Remember!!!

“You’re not alone. Every person here has felt some version of what you’re feeling or have felt. Talking about it, supporting each other, and knowing it gets better - that’s a powerful part of healing.”

- Unknown

