

Are the blues getting you down?

With the right help, that cloud can lift...



What is depression?

The occasional low mood is normal. But feeling overwhelmed by negative feelings that stay for weeks or months - sometimes years - can be considered depression.

You might find it hard to get through the day and avoid activities you once enjoyed.

What causes depression?

We all have what's called an 'inner critic'. Often the messages of the inner critic have been given to us by parents, teachers and the like, which act as criticisms of who we are and what we do.

When these critical messages become overwhelming the body shuts down to protect itself from the idea not being 'enough'.

Repressed emotions such as grief and anger resulting from an abusive relationship or financial hardship may cause depression.

From one of Judi's clients:

"Seeking Judi's help changed my life... Her method works on helping you find the cause in order to tackle your problems permanently rather than a "sticking plaster over the symptoms". You can then replicate these simple methods through life giving you the confidence to make the changes you need to."



Award-winning therapist Judi Shearer has been counselling, conducting seminars and training for over 25 years nationally and internationally.

About Judi's unique program:

Lift out of Depression

This one-to-one program will be designed specifically around your special needs and circumstances.

Lift out of Depression will help tap into your conscious and unconscious mind so REAL understanding about what's going on can occur - and meaningful positive change can be experienced.

The program also includes an integrated, easy-to-apply plan covering diet, exercise, and relaxation methods.

Package One: 4 days/5 nights

Thursday evening to Monday evening **AUS \$4,300**

Package Two: 7 days

Negotiable week to suit you **AUS \$7,200**

Included in each package:

- All accommodation
- All meals - special diets can be catered for
- Airport pick up & delivery - if necessary
- **FREE** book: *Dance Until It Rains* - anthology of helpful stories about overcoming life challenges

For more information, bookings or your FREE initial phone consult call Judi:

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