

# Depression and Anxiety

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A lot of Celiac's experience times of depression and anxiety over their condition.

As someone who has had CD for 9 years, and speaking to many other long-term Celiac's, it is not something that one "just gets over".

We have had to **change our whole life**. Food surrounds many traditions, holidays, customs, memories and there is a certain amount of grieving involved when it comes to Celiac Disease.

In the beginning it may be beneficial to go for **therapy** of some kind as you adjust and as Long term, if you find yourself still struggling with negative feelings then by all means consider therapy.

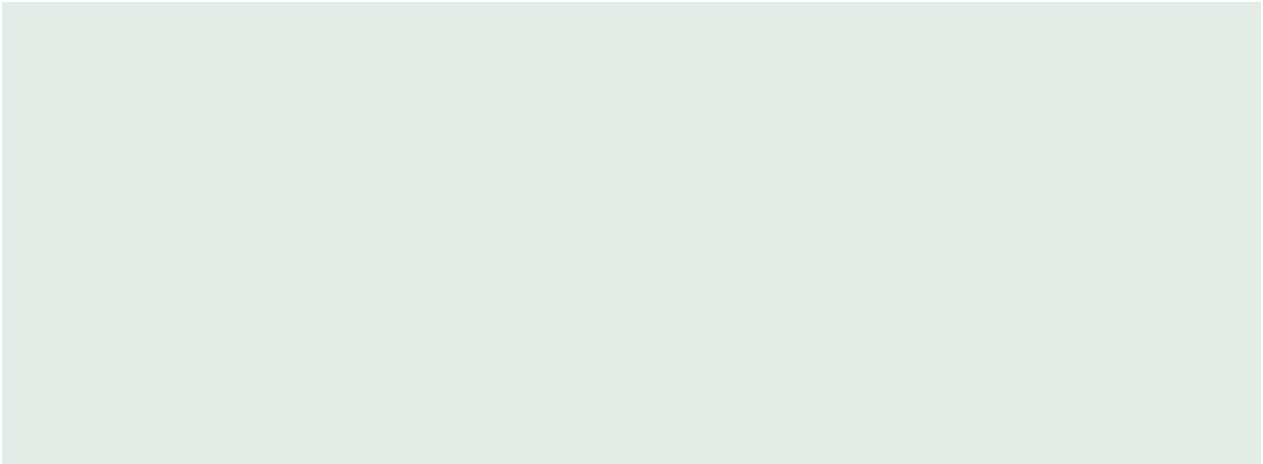
When I coach my clients, I always ask them about their favorite **food memories**. This can be quite hard to talk about, but part of the healing process and adjusting process is talking through feelings so that you can heal emotionally too.

Celiac Disease diagnosis is hard on us emotionally too as we have to give up a lot.

Having feelings of resentment and anger can only add to your physical ill health, so the sooner one can adjust and accept, the better.

# DEPRESSION AND ANXIETY WORKSHEET

Take a moment to write down everything that frustrates you, angers you, annoys you, saddens you about your condition.



Now take a moment to write down everything you appreciate about your life right now that is not related to your condition.

