HIATUS

Posted on September 22, 2022 by Eddie

Why I've not posted in a while.
Category: Observations

The observant among you may have noticed that I have not posted on this blog for around three months. Given that I've tried to post more or less daily for over a decade now, this is a bit of anomaly.

The reason for this is that I was diagnosed with depression in June and the doctor advised me not to work for a while. Actually, when I say that I was diagnosed with depression, this is because I talked to my GP to say that things weren't going well, he listened to my symptoms and said that I was most likely depressed.

The symptoms of my depression were varied; I was sleeping really badly, I wasn't functioning very well and basically the world seemed to be in black and white, rather than colour. My mood wasn't always low, but the black dog would creep up on my from time to time.

The doctor prescribed some antidepressants, which after some rather alarming side effects seem to have started to work. I'm not "right" yet, but as can be seen by the fact that I'm posting on this blog, things are improving.

While I am aware that it isn't my work that caused the depression, I do realise that certain aspects of what I was doing didn't help. I'll probably not be blogging quite as frequently in future and there are some things which I previously enjoyed, which have started to weigh heavily upon me that I'll probably cut out altogether. I have a number of projects which I would like to see through before I retire in a couple of years, and I will concentrate on these while aiming to finish well.

Thank you to everyone who has written to me and asked about my health. I apologise that I've not replied to you all. Thanks too, to Anna, our supervisor at Wycliffe who has been very understanding and many thanks to Sue who has been suggesting that I need to see a doctor about my mental health for years (you were right!). If for some reason, you are interested in more of the details about what I've gone through, I wrote up some of my odder experiences on my running blog.

Service will be resumed - but it may not be normal.