



Syracuse Integrative Psychiatry

Comprehensive care. Transformative outcomes.

DEPRESSION DEEP DIVE SERIES: PART 10 OF 12

The Return of Eros

Part 10: Savoring, Glimmers & Creative Libido

Welcome to Part 10: The Return of Eros.

Depression is often a loss of Eros—not just sexual desire, but the desire for life, connection, beauty, and pleasure. As we begin to emerge from the descent, we must consciously invite Eros back in. We must seduce our own life force back into the body.

"Don't ask what the world needs. Ask what makes you come alive, and go do it." —

Howard Thurman

1. Savoring the Senses

Depression dulls the senses. The world looks gray, food tastes bland. We reawaken Eros through the senses. We practice "savoring"—paying radical attention to small pleasures.

Reflection:

Identify one thing for each sense that brings you a tiny spark of pleasure. (Sight: a sunset. Taste: dark chocolate. Touch: a soft blanket). Make a plan to experience one of these today, fully and slowly.

2. Following the Glimmer

Polyvagal theory talks about "glimmers"—micro-moments of safety and connection. Jung might call these sparks of soul. Watch for the tiny moments when you feel a little lighter, a little more curious. That is the trail to follow.

Reflection:

Think back to the last week. Was there any moment, however brief, where you forgot you were depressed? What were you doing? Who were you with?

3. Creative Libido

Creativity is the antidote to destruction. It doesn't mean "art"—it means making something new. Cooking a meal, planting a seed, rearranging a room. This is the life force in action.

Reflection:

What is one small creative act you could do this week? Not for an outcome, but just to feel the energy of making? (e.g., "I will bake bread," "I will doodle").

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