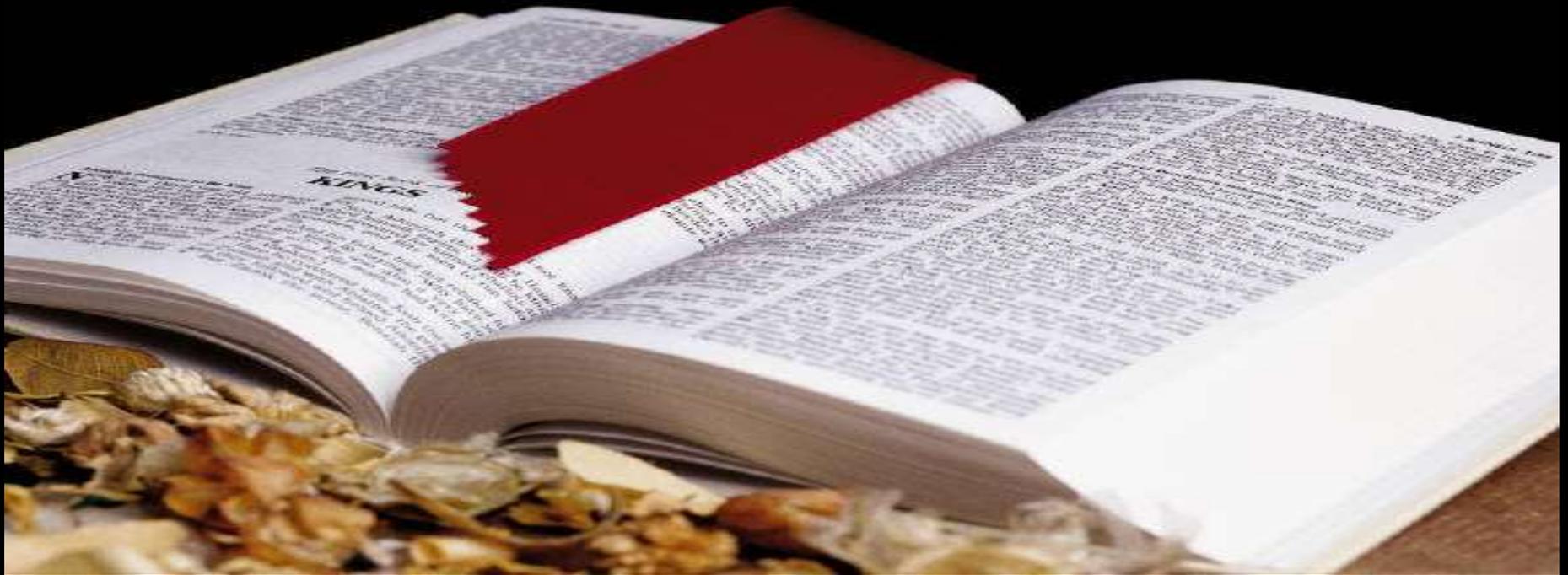
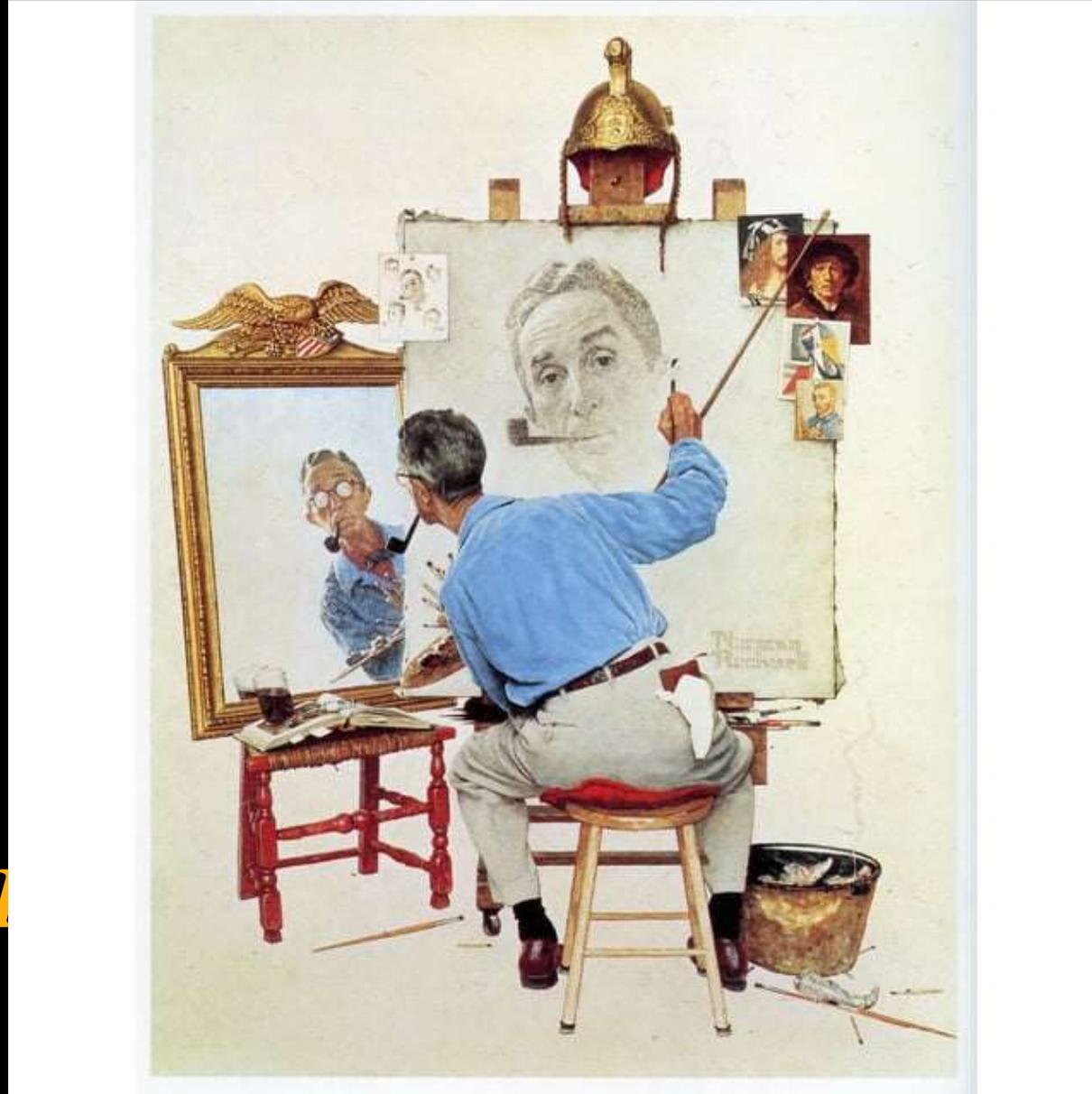


Overcoming Depression – The Norman Rockwell Formula

by Mario Seiglie, May 17, 2025

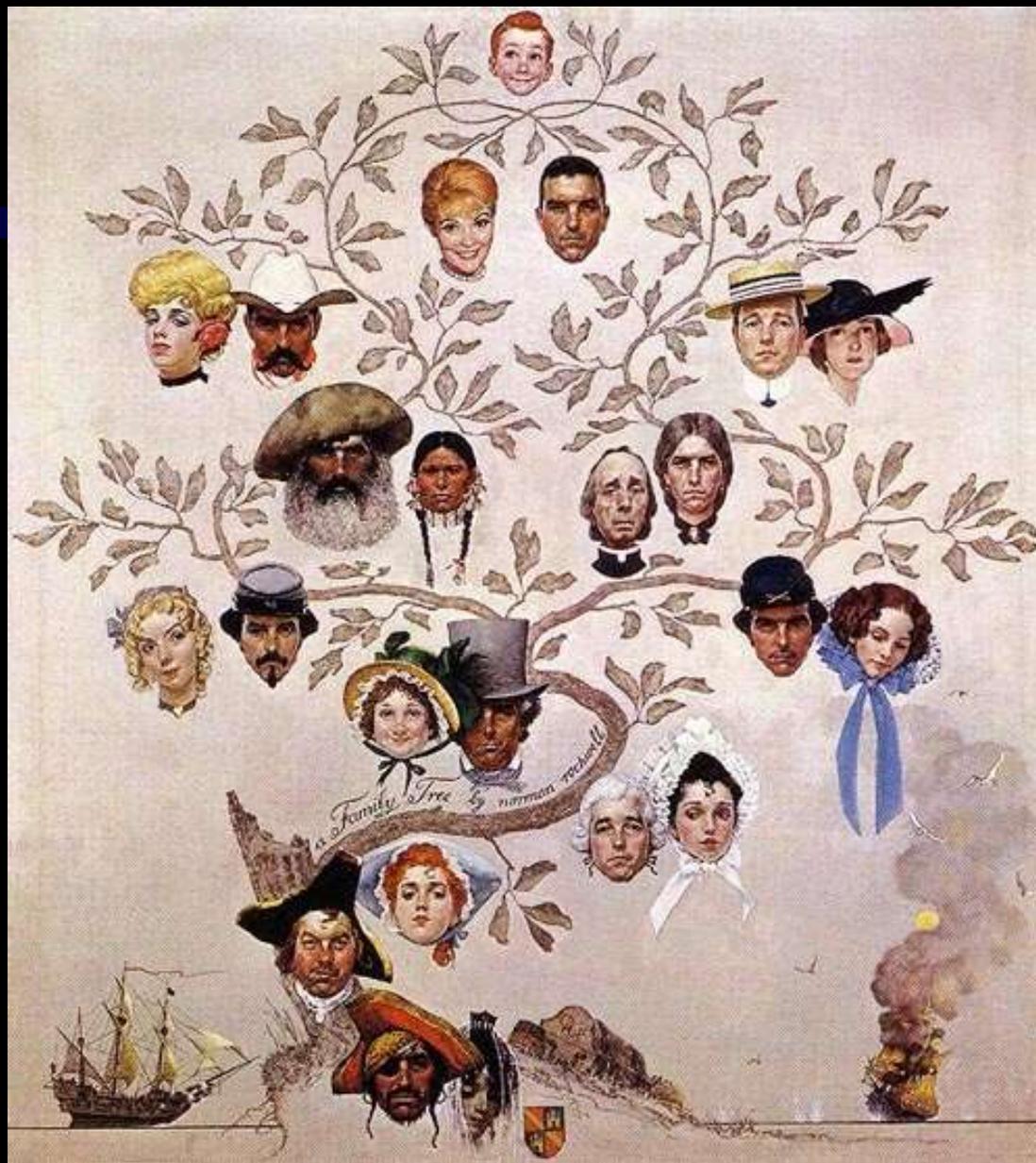


Normal Rockwell didn't mind making fun of himself & became famous for his illustrations in *The Saturday Evening Post* for nearly 50 years.





He drew about the best of American culture – as American as Grandma's & Mom's apple pie, which he painted here.



He also humorously pointed out some uncomfortable truths, such as that our ancestors are a mixed bag.



He could say so much in just one drawing – a kid running away and scared of the officer.



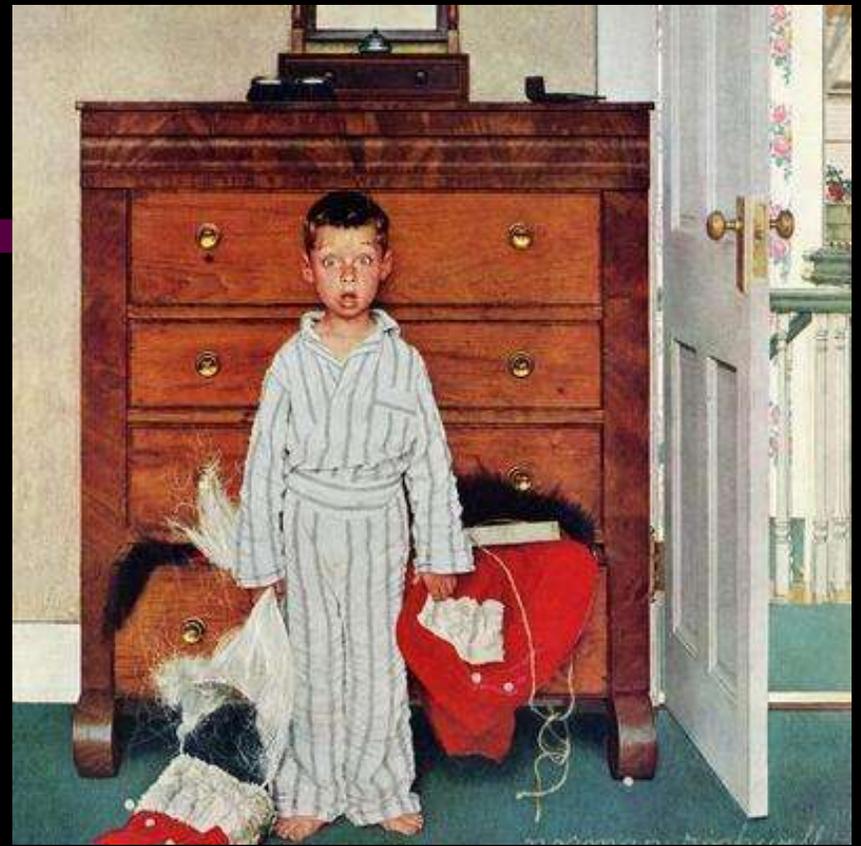
Here he makes fun of how gossip spreads and becomes so distorted.



Norman Rockwell lived from 1894 – 1978. In 1953, he moved to the small town of Stockbridge, Massachusetts, where they now have a museum with his paintings. But he moved for a specific reason.



He and his wife needed psychiatric treatment from chronic depression and moved where the Austen Riggs Psychiatric Hospital was situated.



Plumbers in the bedroom; The truth about Santa

Despite chronic depression, Rockwell learned to think happy even if he didn't feel like it. He drew over 4,000 paintings in his lifetime – and they basically reflected a happy, humorous mood.

The Bible tells us how important it is to take care of our moods and attitudes, because they will turn into actions.

As Pr. 15:15 says, “Everything seems to go wrong when you feel weak and depressed. But when you choose to be cheerful, every day will bring you more and more joy and fullness” (TPT).

Pr. 17:22 says, “A joyful, cheerful heart brings healing to both body and soul. But the one whose heart is crushed struggles with sickness and depression” (TPT).

Christ gave us the perfect example of maintaining the right attitude despite the adverse circumstances.

Facing a horrible death, He said, “The sorrow in My heart is so great that it almost crushes me. Stay here and keep watch with Me” (Mt. 26:38, GNB). Yes, He realistically faced the truth.

Yet, that night He also said, “My purpose for telling you these things is so that the joy that I experience will fill your hearts with overflowing gladness!” (John 15:11, TPT).

Christ did not allow, even when being crucified, to lose that outgoing, joyful concern for others.

He said in Luke 23:34 of his torturers, “Father, forgive them, for they do not know what they do.”

John 19:26-27 says, “When Jesus therefore saw His mother, and the disciple whom He loved standing by, He said to His mother, ‘Woman, behold your son! Then He said to the disciple, ‘Behold your mother!’ And from that hour that disciple took her to his own home.”

William James, the famous psychologist of the 20th Century affirmed, “The greatest discovery of my generation is that a human being can alter his life by altering his attitude.”

In the *Reader’s Digest* article, “Feel Happy, Even When You’re Not,” which uses the example of Normal Rockwell, it says, “Rockwell was in formal therapy most of his adult life. But his happy paintings were clearly part of his treatment. As Rockwell biographer Deborah Solomon points out, ‘He was painting...his longings...’ (2021, p. 26).

The article goes on to say, “Research shows not only that you can bring joy to others even if you’re unhappy, but also that doing so is a reliable way to improve your own well-being too.”

Paul, while in a Roman jail, wrote to the Philippian brethren, “Be cheerful with joyous celebration in every season of life. Let joy overflow, for you are united with the Anointed One!...So keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always” (Phil. 4:4, 8).

**So, brethren, let's remember when we
get depressed, to remember the
Norman Rockwell formula – keep
depression away by thinking and
doing the things bring joy to you and
others!**