

DEPRESSION

A quick guide to help out



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eBook

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The present book is suitable to be used by

Educational Institutions, Counselling Centres

Individuals with interest in understanding depression as subject

DRAFT

What to expect from this quick guide?

This guide shares personal, academic and professional experiences of authors about depression. This guide is published with intent to help and reach out people to enable them understanding one of the most common problems prevailing in society today.

This guide intent to let readers differentiate between temporary mood swing and a disease called depression. Readers can expect pointers to the situations that may cause depression and indicators to the same if happened.

Significant measures to tackle the depressions are given in guide with strong recommendations to seek advice of expert to deal with the topic instead of following inexperienced & charlatans.



Depression?

Let us understand depression!

We all have commonly come across the word "depression" from one or other person who has expected us to be an ear to listen to one's story or problems and or us expecting the same from others saying that we are depressed.

Depression is definitely not a mood of feeling low and lacking in Interest. Let us understand this as an illustration, suppose you are going to a foreign trip for the first time with your friends and being late you missed the flight and the rest of your friends flew. coming home back with a pale face and skipping two or three meals just lying on the bed and rolling on it for the next two days without socializing. **This state of mind is a sad mood but not depression.**



It is wrong to assume every little sorrow as the depression. Depression has a continuation in the feelings of sadness for a longer period. It is worth to mention and note that depression is a major mental illness which people across the globe are facing.

Without differentiating the sorrows and depression we cannot understand and draw the line of what comes in the depression and what is not depression.

What is depression?

Depression is a key attention seeking issue majority of people are facing in their life in modern times. Some people consider that depression is an urban disease but it is not the case. Depression could grip anyone anywhere. Depression is a state of ill mental health left unrecognized behind a smile among any living being.

Depression is a mood disorder that is inclusive of a continuing feeling of loss of interest and sadness. Major negative events and impact of events in life fall in instances of depression. Loss of love, job or grades in education are some circumstances of life that may lead to depression. Doctors take in consideration grief as a major issue in depressed people.





Depression is not a problem like viral fever which would be cured in a week or two. It may continue for several weeks or months or years or forever. The severity of depression may deeply impact the way one think, behave, act, feel and perceive things.

It is significant for one to take depression seriously and stop its psychological pressure on oneself for leading a healthy and happy life.

Just like a treatment for physical injury or uneasiness, depression can be defeated by treatments too.

When a grief and mental discomfort lasts more than a couple of weeks and the person feels being overpowered by the emotion he can be said to be diseased with depression. Sudden shocks that shakes one's beliefs negatively can lead to depression too. We are living an era where young people are taking their own lives due to this unfortunate disease called depression.

Loss of interest in any activities and interactions with social life, reduces the capability of functioning at work and at home. Reluctant to overcome

a certain loss and many other emotional as well as physical complications are resulted out of depression.

Symptoms of Depression

Every sad mood is not a state of depression but every depressed state is definitely a sad mood. The question here is "how to know if a person is depressed or not?" Certainly any ill mental or physical health shows its effects on the human body and its nature in many ways which we simply call as Symptoms. The symptoms of depression are as follows:

Mental State

- Anxiety and Overthinking
- Feelings of guilt about everything
- Mood swings
- A consistent low mood
- Pessimistic thinking approach
- Feeling of being incapable and worthless
- Feelings of being unimportant in other's life
- Frustration
- Disinterest in activities which once you enjoyed doing them





Self-Destruction

- Addiction of toxicants like alcohol, cigarette, drugs and adultery
- Thoughts of suiciding and death
- Breaking objects, tearing papers or self-harming

Food and Energy

- Inappropriate appetite
- Loss or gain of weight irrespective of diet
- Fatigue or loss of energy
- loss of sexual desires
- Body pains
- Fluctuations in blood pressure and diabetes

Behaviouristic

- Irritated and angry
- Isolated
- Agitation
- Excessive crying in alone

Cognitive

- Decreased self-care
- Reluctant to learn new things
- Laziness in recapturing self-confidence and pre-depression attitude
- Difficulty in concentration, practical thinking, or making decisions
- Slowed speech and movement

Sleep

- Inadequate sleep
- Excess sleep
- Restless sleep
- Insomnia
- Suffocated

Causes of Depression

There are numerous causes of depression which might range from biological to circumstantial. Some common causes are inclusive of:





Loneliness

Majorly, it is observed that isolating from the public and staying alone leads to depression with the easiest path. Loneliness produces insecure feelings and thus, kills productivity in individuals which leads to a continuous sorrow.

Social Events

Certain events stay in our minds forever. Those which trigger loss and grief plant depression. Loss of loved ones, pets and valuables and any such major events cause depression.

Alcohol and drugs

Toxic habits and substance use affect the wellbeing of a person in all ways. Loss of sum of emotional wellness should not be ignored. While toxicants make a human body and mind weak, mental illness like depression conquers us.



Physical ill health

Some major diseases and health hazards like cancer, heart attack, HIV, Obesity etc. invite depression in the patient with no time. Physical ill health, mentally tortures a person about the uncertainty one's body is facing.

**Pain**

Those people who are suffering from emotional or chronic physical pain for a long period of time, are more likely to develop depression. Pains left by accidents and suicidal attempts result in more chances of being depressed.

Delivery of baby

Delivering a baby is the common cause of depression among women. After delivery the changes in hormones, blood and many bodily liquids\secretions may lead to depression.

Genetic Inheritance

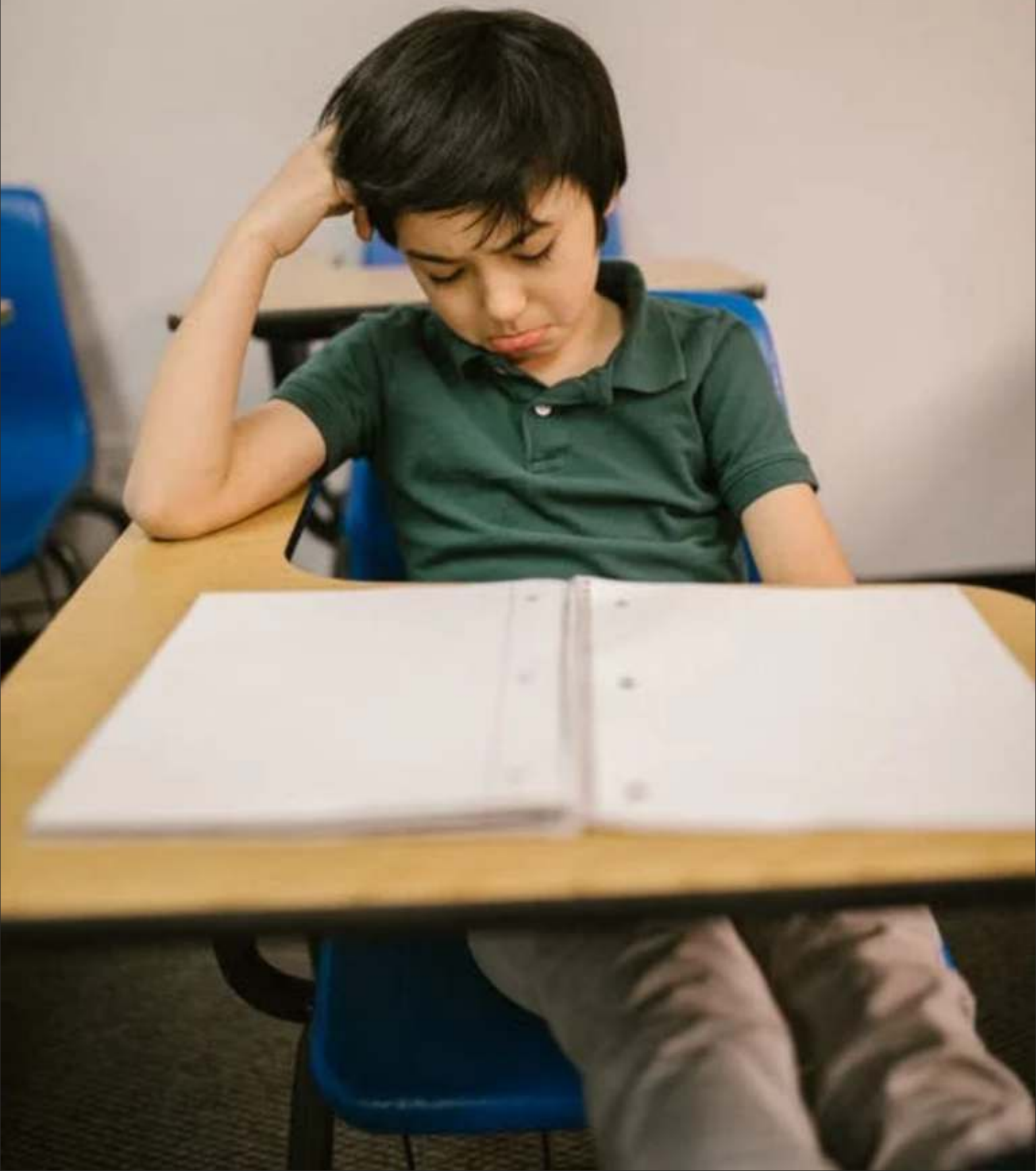
If one has a family history of depression or another mood disorder, then there is a higher possibility for one of developing depression.

Childhood trauma

There are some set events in one's life that affect the way one's body reacts to those situations of stress and fear. Domestic violence, conflicts between parents, parental pressure and forcible teachings deeply affects the minds of children forever.

Routine work

Same job makes us unhappy about living. Frequent changes and challenging routines make the mind sharp and busy by injecting multiple dimensions of thinking rather than sticking to one particular routine like a machine. Continuously unhappy feelings at workplace may lead to depression.





Brain chemistry

There might be a chemical imbalance in parts of the brain that manage sleep, appetite, mood, thoughts, behavior in people suffering from depression.

Hormonal imbalances

Changes in hormones of females - like progesterone and estrogen during different periods of time. For instance, during the postpartum period, perimenopause, menstrual cycle, or menopause. These all may raise the risk of a person for depression.

Brain Structure

If your brain's frontal lobe is less active, then you are at a greater risk for depression. However, scientists are unaware that this happens before or after the onset of the symptoms of depression.

Significance of treatment



Significance of treatment

One of the prominent issues with depression is refusal or acceptance of depression. Most of the times patients are unaware of depression as disease and seeking a treatment for depression is considered a social taboo. Often we avoid considering mental diseases as a disease.

It is important to understand that like one get treatment treat for the stomach ache, depression and such diseases are utmost important to be treated. Multiple hospitals and methods are available for treating depression. Depression is a category reflecting mental illness having the most important link in human public health care.

Stop effects on physical health

Major importance of curing depression is to avoid its effects on the human body. Disturbed diet and sleep cycle introduces multiple bodily diseases starting with hair fall, diabetes and blood pressure till major organ defects like heart strokes. Stay active and perform physical exercises daily. Yoga and walk could help significantly.

Avoid drug and alcohol addictions

It is ten times easier compared to an average person for a depressed





person to become addicted to alcohol and drugs. Timely treatment of depression shall rescue a depressed person from addiction.

Remission on the Goals of life

Sole purpose and objective of treating depression is to bring back on track the derailed mind-set and behavior. To enhance and glorify the mission of life of an individual. Motivation and affections from family and near & dear ones are the keys to recovery from depression.

Clarity of life

It is significant to understand clearly rather than messing up all the problems at once. Finding a solution by concentrating each problem individually shall give a clarity on it.

Burst the bubbles of assumptions

Imaginary problems are reproduced without limit in a depressed mind. Burst the assumptions and accept the reality and facts. Seeking and following practical advice may be effective treatment for a depressed person.

Normalize behavior

Unusual thinking and behavior grows rapidly in a depressed patient. To

Treatment of Depression



bring the way of life into normalcy, the correct message needed to pass in the mind of the patient and right guidance is must.

Treatments for Depression

- Counseling or Psychotherapy
- Hypnotherapy
- Family or Couple therapy
- Self-help strategies
- Medications

Counseling or Psychotherapy

A counselor is a person who listens to one without judging. He can assist in exploring one's feelings, acknowledging those, and accepting those.

A counselor can be a friend, relative, family or a professional expert. Generally, it is a must for every human to have a mentor for constant support and encouragement with positive motivation. Counselor plays the role of mentor. He supports you in finding your own ways of coping up with what you are going through. Along with this, he suggests various strategies and self-care techniques.

Self-acceptance is really very crucial for one and a counselor may assist





with that. One must not be excessively hard on oneself as more one will strive for stopping depression the more it will suffocate e.g. people with LGBTQ sexualities usually fail in accepting what they are at the initial stage under the pressure of society.

There are numerous types of therapy that may assist you in different ways.

Interpersonal therapy

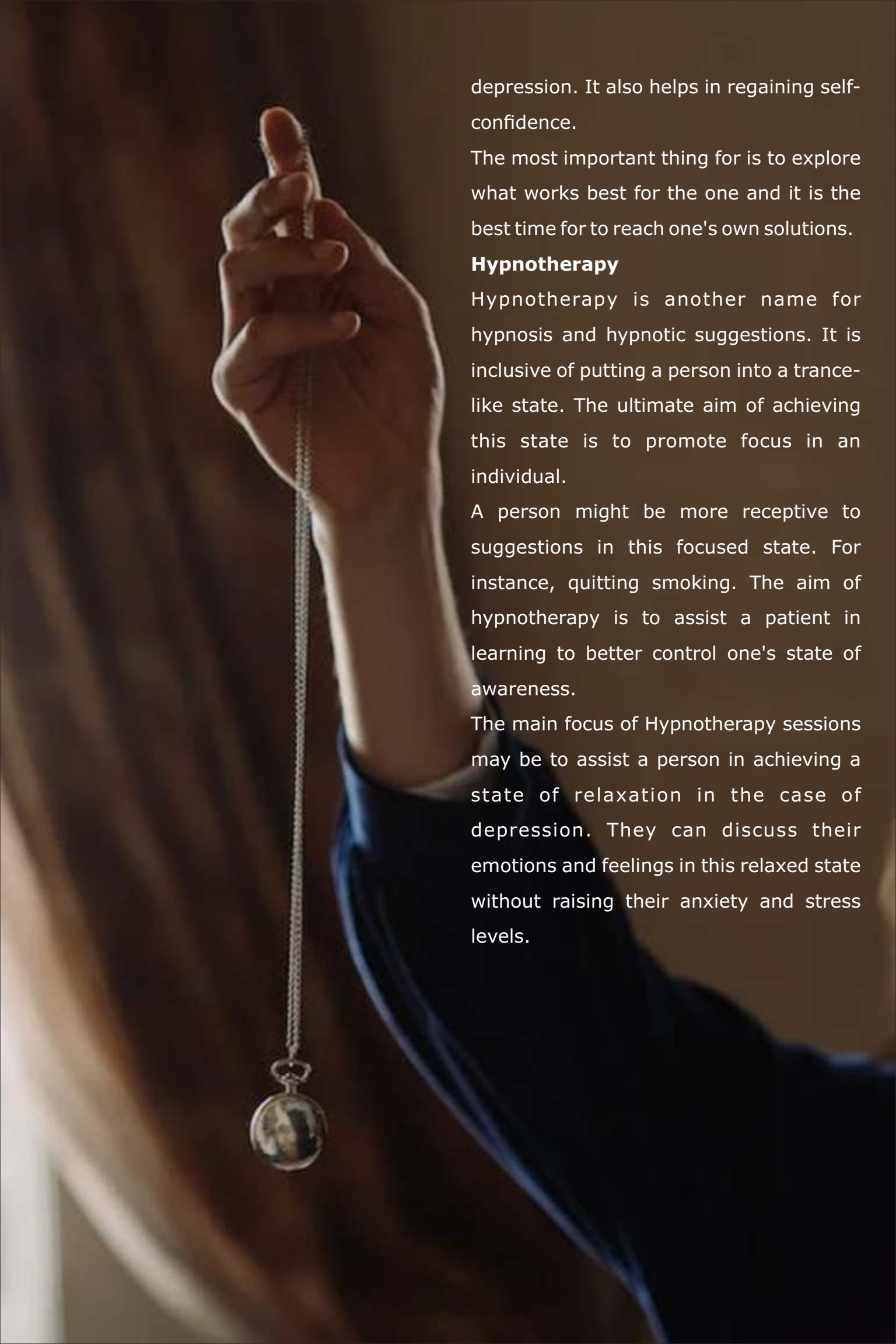
It can assist in understanding relationships with different people and assess if those are affecting negatively or positively. Toxic people and negative comments get one's attention more. This sorts out priorities of relations and time to spend in company.

Cognitive behavioral therapy

It is also popular as CBT. It assists in managing depression by changing the way one thinks and behaves. One's perception of looking at a problem or fear is changed and mentored sessions help the patient to recover.

Person-centers & psychodynamic

These therapies may assist in discovering and exploring the root cause of

A close-up, artistic photograph of a hand holding a thin chain. The hand is positioned in the upper left, with fingers delicately gripping the chain. The chain hangs vertically down the center of the frame. At the bottom of the chain is a round, metallic pocket watch with a visible face. The background is a soft, out-of-focus brown, suggesting a wooden surface or wall. The lighting is warm and directional, coming from the side, which creates highlights on the skin of the hand and the metal of the chain and watch.

depression. It also helps in regaining self-confidence.

The most important thing for is to explore what works best for the one and it is the best time for to reach one's own solutions.

Hypnotherapy

Hypnotherapy is another name for hypnosis and hypnotic suggestions. It is inclusive of putting a person into a trance-like state. The ultimate aim of achieving this state is to promote focus in an individual.

A person might be more receptive to suggestions in this focused state. For instance, quitting smoking. The aim of hypnotherapy is to assist a patient in learning to better control one's state of awareness.

The main focus of Hypnotherapy sessions may be to assist a person in achieving a state of relaxation in the case of depression. They can discuss their emotions and feelings in this relaxed state without raising their anxiety and stress levels.

Family or Couple therapy

Understanding among a couple or family is most important. Family is the best solace provider as the majority of one's life is spent with family. The family is the institution and a group with whom one shares all one's happiness and sorrows. Conflicts and disputes among the family or a couple need attention to resolve on daily bases.

Family or Couple therapy is a branch of psychology which works on intimate relationships of a family or Couple. In this therapy the nature of interaction between family members or





a couple is analyzed and required developments are motivated in the families' system by implanting following methods:

Structural therapy

First, interacting with family members collectively and then individually, to identify and reorganize the family system.

Strategic therapy

Looking at the patterns of interaction between the individuals of a family with other family members.

Milan therapy

This therapy is focused on the belief system. Understanding the needs, concerns and interests of individuals.

Transgenerational therapy

Using this therapy, a specific individual(s) are concentrated to be treated rightly. Essential in conveying the behavior of one person to others where different generations play a role in a family member's behavior.

Self-help strategies

One must know that you are not the only one who is haunted by depression. Studies have found depression even lies even among the

animals. We are listing below some of the self-help strategies as this quick guide can act as mentor to readers”

Consult a therapist

Foremost thing is that we recommend treatment under an expert which often is beneficial and gives an expedited solution. Doing it independently may leave problem messed up and unsolved.

Have a healthy and nutritious diet

Eat regularly balanced meals and do not skip any meal. Avoid substance use and replace the habit with healthy foods. Cook and pamper yourself occasionally.

Connect with others

Be connected with family, friends and others. Have a pet and cuddle it often.

Practice regular and enough sleep

Rest your body as much as it needs. Sleep early and wake up with melodic music. Avoid disturbing music in alarms.

Exercise regularly

Spend time outside in parks and nature. Workout regularly in any form.





Gym, Yoga, Dance and many other alternatives are available.

Shift your mind-set

Practice mindfulness like meditation and manage stress. Avoid negative thoughts and overthinking by keeping yourself busy and engaged.

Set realistic goals

Build and follow a routine to achieve those. Learn much and more about how you can reach your goal.

Maintain a Journal

Keep a track of your habits. Plan the next day in advance and write down whatever you feel.

Medications

As directed and recommended by a psychology expert or psychiatrist multiple medicines and medical procedures are available.

Electroconvulsive therapy

In extreme cases this therapy is used. Electric currents are passed through the brain to trigger the seizure. It is well known as shock treatment.

Disclaimer

This quick guide is published to help and assist in understanding the depression better based on authors' personal and professional experience. It is duly recommended in book that advice of experts must be sought for any treatment. Any action taken by readers after reading this guide will sole responsibility of reader only. Authors' and publisher are not liable for prosecution. No specific medical treatment(s) or medicines are prescribed in this guide.



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**Wishing All
The best of
Mental health
and
Well being**

