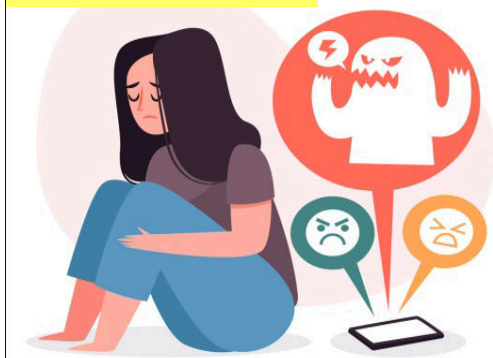


DEPRESSION: THE NEW TREND IS PAINFUL

All of us (except none!) experience periods of sadness at some point in our lives. Within a couple of days most of the times, this 'feeling down' fades away and we get back to enjoying life or 'get normal'. At other times however the situation seems to get worse day by day.

Depression is not when you are sad; depression comes when sadness engulfs you so much so that getting up, doing daily chores seems torturous. Paying attention and doing tasks that were like breeze once upon a time becomes so difficult that you would feel like resting every now and then. You might think of yourself a worthless person who deserves to be punished, believe that this pain is untreatable and that there is nobody to help you out. You might feel yourself a burden on your loved ones and find yourself crying more often. The pain is so intense that one would start thinking that everything would be better off without them; that is exactly where thoughts of self harm comes to the fore front.

I am so tired
I am worthless



Briefly you will have:

- Depressed mood for most of the day, every day. The mood will be worst in the morning and improve as day proceeds
- Loss of interest or pleasure in daily life specially in the things that you enjoyed previously.
- Lack of energy
- Be sure to have disturbed sleep and appetite. You may even have marked weight loss and will tend to wake up quite early.

- Tiredness and aches are what you must expect at any and even every time of the day.
- Difficulty in concentrating
- Decreased sexual drive
- One may have recurrent thoughts of death, suicide ideation and even attempt suicide

You would agree that life is hard at times. Going through phases of adolescence, change from school to college, from academics to making career choices, then getting a job that you may or may not be fond of, marriage, having children, managing work and home, financial burden, balancing 2 or more generations, life altering accidents, death of family or friends, death of spouse, retirement or not getting retirement when you need one. Need I say more? All of it is stressful and being worried and sad for some time is what is natural. It takes a careful thought to be able to distinguish how much of sadness is a natural reaction to the stressful situation and how long to wait before getting some professional help. If one has some or most of the symptoms as those described above for more than 2 weeks with disturbed social and occupational functioning get help. Or it may turn out to be devastating.

Causes: The cause of depression is multifactorial. It is a complex interaction of hereditary and environmental conditions. It is very difficult for researchers to point at a single cause of depression.

- Having family members who have suffered from depression increases the chance of a person to have depressive episode in their life. But not all people who suffer from depression had parents or relatives who have had depression.
- Depression tends to mess up with the concentration of chemicals like dopamine, serotonin, noradrenaline etc in the brain that may give rise to several symptoms of depression. So its important to understand that sadness that one feels as a symptom of depression is not simple 'in their mind and can be cured with simple advice giving'. Depression is a disorder that needs specialist attention as does vertigo or peptic ulcer.
- Negative childhood experiences, certain parenting styles and family interaction patterns certain personality traits, low resilience, social isolation, lack of social support from family and friends increases the likelihood of a person to develop depression later in life.
- Above all stressful life events (like failure in examination, job loss, difficulty in relationships, illness) often become the trigger to a depressive episode

This is probably why you may notice that a same stressor may lead to depression in one person and not in another person.

On an average one has almost 20% chance of having depression in their life time. That is higher than the risk of having a heart attack. WHO reports reveal that among the countries that rank highest on rates of depression, India stands second. There is 1 out of every 20 people suffering from depression in India and around 80% fail to receive any form of treatment. Depression is one of the leading causes of suicide.

NOTE: If you know anyone who is probably suffering this severe pain help them today. Or perhaps start by helping yourself. You need not be an expert to notice that your loved one needs some professional care. Additionally, there are some protective measures that you can take to prevent depression from becoming a serious condition

1. Stay connected with family and friends
2. Help someone in need (however small the help is; it counts)
3. Stay active and get some sunlight daily
4. Build a support system of few members or even 2/3 people together whom you can grow



5. Cultivate a hobby. Invest in it regularly.

6. Aim for good 7/8 hours sleep daily

7. Take some time to laugh. Watch a funny show.

8. Don't skip meals, boost vitamin B.

Bonus tip: Challenge negative thoughts that you may have about yourself, others or the world in general.

Remember: You are never too old to take care of yourself!

Treatment of depressive disorder includes:

Cognitive behavioural therapy –This is the best measure proved to be as effective as medicine for mild to moderate form of depression.

Interpersonal Therapy

Psychodynamic Therapy

Couple Therapy

Group therapy

Medications

Daily Journaling

If you are struggling with emotion issues or having a stressful time you could keep a daily journal (Diary). There is no wrong way to maintain a journal but by writing down your thought and feelings you tend to carry less 'burden' with you and have a different outlook on life.

1. Activity journaling: to track your changes in life and grow emotionally.

2 Gratitude Journaling: (My favorite) write down what you are thankful about today or what makes you happy. You wont know the benefits till you use it.

3. Personalised Journaling: Customise your own needs and habits to create a YOU BOOK! Fill it up with whatever you want. Write, Draw, Paste

Contact details :If you have any questions or concerns about Depression counseling feel free to mail your query to abhisikta.001@gmail.com or can drop a message to mobile 7004200629 from 8PM to 9 PM to (Monday-Friday) or can book an appointment at your convenience.

Disclaimer: The information has been collected from various sources including materials from the web. We try to keep the information updated from time to time but these do not replace clinical judgement from a health care provider.

Courtsey:Abhisikta Mukherjee Psychologist

Image:"<http://www.freepik.com>">Designed by macrovector_official / Freepik

"<http://www.freepik.com>">Designed by macrovector_official / Freepik