

ADJUSTMENT DISORDER AND BEREAVEMENT

It is important to differentiate our day to day reactions to stressful life events and bereavement from a depressive episode.

In **Adjustment Disorder** there is distress felt by the person along with emotional disturbances that interferes with social functioning but which wouldn't have arisen without the stressor or stressful event. It is an adaptive reaction to stress, where functioning is less impaired than a typical depressive episode but it is nonetheless a difficult phase of life that can proceed to a depressive episode if not addressed at the right time. This might need consultation with a psychologist for smooth transition from distress situation back to regular functioning.

In **bereavement** following death of a loved one there is an assumed period of grief, low mood and adjustment-adaptation through which we usually pass. It is similar to a depressive episode. The only difference being that it usually resolves through stages as described in the Kubler-Ross model.

Denial: Shutting out from the reality to cope with difficult, stressful feelings

Anger: May be angry with themselves, with others or with some higher power

Bargaining: an attempt to bargain the loss, 'negotiate with God' to avoid the cause of grief. Thought like 'if I could trade their life for mine', 'if I could see him/her for one last time'

Depression: Disconnect themselves from people or near and dear ones to prevent further trauma.

Acceptance: Comes to term with the situation and creates a calm and clear mental state.

It is not uncommon that a particular stage is prolonged and the person is unable to resolve their grief by themselves, then they may need support from psychologist, physician or psychiatrist. If mood symptoms become pervasive, increases and affects energy, appetite, sleep schedule and daily activities of the person there is a need to consult a specialist.

Contact details :If you have any questions or concerns about Depression counseling feel free to mail your query to abhishikta.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.

Courtesy: Abhishikta Mukherjee Psychologist