

Depression

All You Need To Know About Depression

Depression is not a passing feeling of unhappiness, natural expected feelings of sadness from a difficult or painful event. It is a very real and sometimes even dangerous mental illness. Depression most often presents itself as feelings of sadness, but sadness is not necessarily depression.

Depression sufferers often have feelings of complete despair, hopelessness and a lack of purpose in life and enthusiasm for the world around them.

Depression may be one part of another condition or it may be its own concern apart from any other illnesses. It is a symptom of bipolar disorder, but not the entire disorder, depression is a very large part of manic depression and other associated illnesses but not the whole of manic depression.

Although depression may have a trigger in many cases, it is wrong to assume that some event may cause it.

Certainly stress and unfortunate life events may cause depression. It may present itself after an inability to achieve an individual's goal or desires, but should not be confused with natural feelings of disappointment or sadness.

Depression may strike an individual who experiences hormonal imbalance, which explains why women who face menopause are often a statistic of depression studies. Scientific research has also found a link to a gene fault that controls serotonin levels to the brain.

Some depression sufferers have also been recorded to be affected by weather conditions. Further investigation has found a vitamin deficiency in these sufferers. Much the same as statistics reveal depression is common in alcoholics due to a vitamin B1 deficiency.

Certainly depression sufferers feel unhappy most of the time, but someone who may not appear unhappy, or an individual who may rarely experience unhappiness may suffer from depression. As with many illnesses not all signs and symptoms have to be evident for the condition to be present.

Below are some of the signs and symptoms of depression. Again I will stress that signs and symptoms may not be obvious or evident for each individual.

- Unhappiness
- Lethargy in life, loss of interest in sex and/or other life joys
- Difficulty with decision making
- Feelings of drowsiness
- Restlessness, anxiety, and agitation
- Eating problems, either a loss of appetite, or excessive binge eating
- Feelings of inadequacy and/or a lack of self confidence
- Suicidal or self destructive thoughts

Please remember that not all depression sufferers entertain thoughts of suicide either by expression or in their own private thoughts. In fact, depression sufferers are not helped with the natural assumption from others that they must be suicidal. This is a serious sign and unfortunately, very common among sufferers and must be addressed, but this is not the 'be all' of the condition of depression.

Depression may also present with physical signs and symptoms, these include: headaches, joint aches and pains, dizziness, cramps or belly aches.

The good news is that depression help is available and can start right away by taking back control. A depression sufferer must take a deep breath and be bold in taking a step forward. A few of the things you may do for depression help is to establish a healthy eating plan, implement a natural sleeping pattern and change 'habits', certainly a change in routine is good for us all from time to time, on the occasions our routines, and routine thought patterns become stagnant or even harmful we may make a conscious effort to turn them into positive routines and thought patterns.

A depression sufferer should consciously praise themselves and establish a positive affirmation in reflection of their good qualities.

Most important, depression help must consist of self confrontation and talking to someone. Talk is essential for recovery, you are not alone. Most depression sufferers feel quite alone in their pain, actively seeking someone to share your concerns with does help depression.

While it is an important process towards wellness to take a proactive step towards recovery and practice self help I must recommend that you should seek professional advice if you experience the signs and symptoms of depression. Do not be fooled into the belief that depression is all in your head. Often, depression may be a symptom of another illness or an undiagnosed condition.

Depression help means discussing your concerns with a qualified practitioner. If perhaps you have been unfortunate enough to come across a GP who does not understand depression and who may not evaluate your condition to your satisfaction seek a second opinion. Although the medical world has come a long way in the past decade in the understanding of depression some doctors may not be quite up to date. Professional depression help is available; depression is a real condition and must not be ignored.