

*When the Light Goes Out At the  
End of the Tunnel; Depression  
the Silent Killer...*



# "How to Cope with Depression Before It Kills You from the Inside"...

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Why Seeing a Psychiatrist is Important

The most significant reason for turning to a psychiatrist to treat your depression is having suicidal thoughts! If you're caught up in the spiral of your suicidal thoughts or if you are planning to commit suicide, you need to see a psychiatrist straight away. This is also essential if you are hurting or planning to hurt other people. Actually, suicide is one of the most violent acts on earth, which is equal to a murder. As a matter of fact, it is a murder. For committing suicide, you need to murder your own self.

Suicidal thoughts aren't the sole reason to see a psychiatrist. Just in case you've got a problem that makes you feel overwhelmed and/or losing control, and if you feel that you can't handle that problem all by yourself, you do need to consult a psychiatrist. As you try and decide on any psychiatrist, do not forget to check with a medical doctor and preferably a spiritual counselor. You might get help from these professionals without having to see a psychiatrist. But don't hesitate to act when they refer you to any psychiatrist.

There are many other crucial reasons why you may have to see a psychiatrist immediately. For instance, you should see a psychiatrist when you are faced with an extreme or severe case of depression. You should see a psychiatrist when you are faced with the feeling of being highly confused. You're supposed to see a psychiatrist when you are abused sexually, emotionally or physically. You should see a psychiatrist when you have tremendously sad thoughts regarding your relatives, friends and pets which have passed away.

People faced with extreme fears / phobias should also see a psychiatrist. You should see this kind of professional when you are faced with a high degree of anxiety and panic attacks. Do you have any uncontrollable addiction towards drugs and alcohol? Are you having any rigorous relationship problem going on with your spouse, lover, or others? Are you thinking of abusing or killing people around you or someone special? Sometimes you truly do not know what's going wrong, yet you don't feel okay emotionally.

No matter what the case is, you should discuss it with a doctor in the first place. Such professionals are able to refer you to a suitable psychiatrist. You'll also be able to find help by joining a likeminded support group. Joining any other health oriented organization could help. Whatever the case may be, you'll get enough referrals to the finest psychiatrist that you can talk to. In a great majority of the cases, you're either in deep trouble thinking of hurting yourself or of hurting people you know. You might end up damaging your whole reputation, character, and your chances of finding a whole new productive life, if you fail to get enough help. Bear in mind that you do have the right to get some help. You're a normal human being who's in need of love just in the way everybody else is. And you aren't alone in this wide world. A psychiatrist really can help a lot.

Finally, if you've got any overwhelming problem, which you are unable to handle all by yourself, you'll have to look for some professional help from a veteran psychiatrist or any other professional like a clinical doctor or a spiritual adviser. If you're afraid of seeking this type of help, you

should at least head for a friend and ask him to accompany you to the doctor or a psychiatrist. If you don't have any good friend, you can seek help from the local church or health center. You could check the yellow pages as well to find some support groups. There are many support groups out there that can help you out with some problems in particular. They are generally free to join. Such a group will allow you to bond with others who have the same problem.

Regardless of who you are, of what you've done so far and of whatever you're thinking of doing, you have a life that is as valuable as any other life in this universe. Regardless of what you're suffering from, how you've been spoiled or abused, you are still loved. Take the primary step to seek help as a way of respecting and loving yourself. This is the initial step towards recovery. You can lead a full as well as highly productive life. If you need to, seek the support and help of a psychiatrist as soon as possible!

### When Should a Depressed Person Seek Professional Help?

For every ten people out there suffering from the symptoms of mild or severe depression, just about eight will see improvements in six months or so. This will happen if they seek help. Surely, the causes and the underlying character of depression tend to vary from one person to another. This is evident even from statistics which show that two out of ten people will remain depressed for the following 2 years.

Halting the signs and symptoms of depression within ourselves could be pretty tricky. Most of us are accustomed to recognizing physical upsets. Very often they are among the initial signs manifesting themselves. A lot of people have visited the doctor due to their upset stomach, complications with sleeping and difficulties concentrating. They are told that they are suffering from the complications of depression. It is time you saw a doctor if you're under the impression that your emotional state is not improving or might actually be getting worse.

It's very likely that the whole issue will manifest itself in some physical or emotional ways. However, you will perhaps find that you are experiencing a lack of interest in your friends, family members, hobbies or work. Then again, the real acid test here is intricate. If you have found yourself feeling concerned that people are likely to feel happier if you were not around this is an alarming sign. You might be wondering whether you should skip the middleman and head straight to the psychiatrist.

Depression is currently very common and the doctor you consult will have no problem with diagnosing it. He or she will have enough knowledge to suggest appropriate care and treatment. There are many instances when you might find that you're not able to consult a psychiatrist straight away as he or she is only used to dealing with typical clinical patients. As depression could result from a wide variety of causes, the family doctor might ask you a wide range of questions regarding your life and lifestyle.

For instance, they might wish to know whether you are using



drugs and/or alcohol. They might also want to know whether you're taking any kind of medication for your problem and whether you are using any herbal remedies. You should know that any of these factors might be the key reason for depression. Then again, the doctor might take a blood sample if he or she wants to know whether you've got any kind of physical imbalance which causes depression symptoms. Your doctor will perhaps be interested in knowing whether the depression runs within the family.

He might wish to know whether anything has somehow triggered a shift in your present moods. For instance, stress at work and/or issues in your relationships or with the family might cause this type of problem. If following the consultation and after abiding by the prescribed treatment, you see things not improving much, it might be suggested that you're in need of much more specialized help.

Older people in particular have become used to being in a situation in which things like stress or depression tend to mean little to them. There are some people out there who might feel that feeling depressed and useless is merely a natural part of becoming old. Actually, older people oftentimes do not feel that their lowly mood is a recognizable illness and thus this is not something that they would bother a doctor about. But many of the older people out there are used to taking medications as they require treatment for many other problems. Did you know that some of the typical causes of illnesses can trigger depression as a side effect? Do not hide anything from your doctor. If he is not told, he cannot make the changes to treatment which might ease your depression.

How should you help a depressed individual get some treatment? Helping a depressed child is very important to preserve the social balance. The initial step for you to help a depressed child is to realize the fact that the child in reality is depressed. As a matter of fact, this could be very challenging. And for one thing, it is very hard for an adult to realize or accept the fact that young children even infants could suffer depression. But the bottom line is that anybody can suffer from this problem. Consulting a doctor or a psychiatrist is the first option to go for.

### What to Do When Your Child has Depression

One thing about depression is that it not only hurts the person suffering from it. It also causes anguish and pain in other members of the family. Moreover it is not only adults who suffer from depression. Preschool children are also diagnosed with this condition every day. The depression types that youngsters face include bipolar disorder, dysthymic disorder and major depressive disorder. According to statistics, a minimum of 4% of preschoolers feel depressed in the United States alone. This explains why the market is full of antidepressants. Therefore if your child is suffering from depression, you should get some help immediately.

It is interesting to note that these days the normal course of treatment for children would be the intake of powerful antidepressants. But these strong artificial drugs are too

powerful for their sensitive nervous system. There have been reports recently about the side effects of these medications on the children who are treated for this kind of condition. Some of them may face nausea, diarrhea, agitation, heart murmurs and pulmonary hypertension, vomiting and increased risk of violent behaviors among others.

The risks posed by the medication in children with depression are great. The symptoms of the condition may become worse and children may have some serious medical problems. There have been warnings recently by the government that these antidepressants just do not work for children. Therefore there are a number of ways for you to start addressing the depression of your child without ever using medication.

For instance, it is possible to make use of relaxation, prayer and meditation and yoga. This may seem strange but really it is a good therapy for the children of our time. It is also good that your child does some exercises preferably in your company. You can take moderate walks each day.

Moreover it would be very good to ensure that your child only consumes nutritious and healthy foods that contain the right amounts of minerals and vitamins. There has been research which proves that bad nutrition actually leads to depression especially in children.

You should also ensure that the child gets a very good

night's sleep which should be sufficient to keep them active every day. When people are depressed they either sleep too little or too much and these are things which are not good for treating depression. The two would let your child feel less motivated, lethargic and tired. Lastly you can try psychotherapy with a child therapist who is qualified.

### What is Depression?

Depression can be best described as combination of physical and mental symptoms. And both of these types of symptoms can decrease the activity and performance of the brain. Grief (or downbeat mood) is sometimes the most common symptom. An individual suffering from depression can experience multiple symptoms like sadness, cynicism, irritability, absence of focus on everyday activities, inferiority complex, sluggish digestion and much more. It could be a grave disorder that makes the sufferer incapable of working and/or taking part in day to day activities. It could be a condition that causes just limited annoyance in the day to day life.

Depression can occur at any time in an individual's life, starting from childhood to old age. There are many causes of depression. Multiple factors can be identified as the root causes of different kinds of depression symptoms. Depression might be a standalone disease. It could also be a part of yet another condition like an anxiety disorder. Actually, reactive depression occurs when the patient goes through physical struggle and/or psychological stress. It

gets worse if other problems like long-drawn-out lack of relaxation or sleep is coupled with it for a long period of time.

Endogenous depression occurs when the reason behind the disorder isn't that of what we know as reactive depression. Rather it may be caused by some sort of inherited condition if one or both parents suffered from similar symptoms throughout their lives. Depression and its symptoms can at times lead to different types of physical diseases. The patient might suffer from physical complications like cancer or cardiovascular diseases. When this happens, the patient starts to worry more about the physical symptoms. This in turn worsens the depressed condition.

Serious depression is oftentimes treated with anti-depressant medicines. There are different kinds of medications that work in different ways to get the desired outcome, which is relief from the depression condition. Therapy is oftentimes utilized together with medication. At times, it is used for milder cases of depression in place of medications. Changes in lifestyle can oftentimes prove sufficient if you want to heal depression prior to the development of a grave illness. The adjustments might include slowing down when it comes to stressful activities and avoidance of as many stressful situations as possible, adequate rest/sleep, exercise and an excellent diet featuring vitamin as well as mineral supplements whenever needed. But the bottom line is that depression can give you a horrific feeling of grief and hopelessness. Your heart will feel heavier; you're so gloomy that you can't even breathe properly.

Depression turns into an emotional ailment if it is not treated. But at the beginning, it brings a negative and radical change in how you live. You end up making too many mistakes. Your world starts becoming a living hell and starts being ruled by fear and aggression. You might try and ignore all the horrors in the world, yet your indifference can't help you steer clear of the feeling of depression. You feel hopeless as you are living in that kind of a world. Depression turns out to be an emotional illness as you fail to understand the reason why you're depressed. You get the red signal when you start accepting ridiculous solutions for the problems in your life. When you're desperate about finding your way out of the misery and start accepting illogical solutions, you ultimately turn into a slave to the growing anti-conscience, which is the wilder part of a person's conscience.

Without getting a clearer understanding of how you can start dealing with what causes your suffering, there is no way in which you can find peace. This is the reason why depression is extremely dangerous. The sufferers could at times easily end up with a worse mental illness.

You could try to avail any of the natural depression treatments available these days. You can find your depression disappearing over time if you use the right treatments. Your intent should be to transform your overall personality. You need to learn how you can improve your lifestyle. Your subconscious mind can provide you with the solution and relief you want. It is mostly about how you can manipulate your subconscious mind. You need to change

your vision. You want to bring an overall positive change. You might discover that you're hostile just because you're afraid of everybody at all times. You could just feel depressed as you've got many conflicts within your personal and social life.

### What Causes Depression?

Depression can be a persistent feeling of hopelessness, as if you're living with no purpose on earth. It feels as if everybody around is right, while you're totally wrong. Depression feels as if you're all alone in this world. You think that you have no one who will care for you and listen to you. But scientifically, in line with the findings produced by the brain imaging technologies, the neurotransmitters within the brain actually determine our mood. They are responsible for the control of moods and other activities and behaviors such as sleep and appetite etc. Imbalance of this brain chemistry leads to depression.

Depression can easily be identified by tracking some of the common symptoms. Patients suffer from bad moods and things around seem all wrong to them. This could be coupled with disturbance that people feel in their sleep-waking cycle (e.g. insomnia, nightmare sleep, oversleeping and so on). Excessive crying for no significant reason is one of the common symptoms. You can wake up at daybreak and feels as if life is just one big struggle. Sometimes you feel incapable of making even simple decisions.

You can start hating your friends and family members. And they keep irritating you. If you feel a partition building between you and your family, it would be hard to focus on anything. You also get a feel of guilt and despair. You can get a feel of suffocation sometimes. You can also feel worried and anxious. Patients get recurrent thoughts of death and suicide. The senses of these people stop working and they feel that the food they used to like most tastes bad. And music does not please you. The bottom line is that you do not feel good about beautiful things.

Depression is sometimes caused by a highly stressful life. Sufferers at times have the condition because of accidents. The patient feels that he is incapable of getting rid of memories of events. He or she sinks too deep into the sea of depression. And depression could be caused by the death of a close member of the family or a friend. Sometimes this happens because of the death of a spouse. Some people feel depressed after getting a divorce or when they are faced with issues regarding their career problems. There are different types of persistent diseases and/or illness. At times people suffering from some kind of chronic disease or illness like cancer, heart disease, HIV, diabetes and also suffer from depression. In particular it is really hard to adapt to the symptoms of an illness. Depression is sometimes inherited. It is true that in many cases, depression is actually hereditary and so can run through generations.

There are different kinds of causes of depression in men and women, though. Of course, this problem can negatively affect both the sexes. However, the rate of depression in women happens to be much higher compared to that in men.



In women, the negative impacts of hormones, menstruation or even contraceptives can cause depression. The same goes for pregnancy, childbirth and menopause. These are strong factors that can cause depression. Usually, men suffer from different kinds of hidden depression. Many men can't bear the fact that they are supposed to show more emotional strength compared to women. And they usually try to conceal their depression. These people end up expressing their depression through alcoholism, drug abuse, intake of tranquilizers and/or antisocial behavior.

The causes of depression are usually different in the different people so the same treatment might not fit everyone. If you want to be sure about choosing the best treatment option, you've got to identify the causes of depression. A blend of lifestyle changes, medication, therapy and self help might work. Depression could easily be treated in a natural way! You can discover a simple and non-addictive way of coping with your depression if you proceed in the right way.

Many psychiatrists out there view the term "depression" as equal to the term "clinical depression" which is a serious illness involving symptoms. The main reasons behind this problem are vague in many instances and tend to depend greatly on the person suffering from depression. As said earlier, many psychiatrists blame genetics as well as biochemical factors for causing depression. These professionals tend to emphasize more on the apparent inherited nature of this condition and also on the reactions of depression to different types of antidepressants and Electro-Convulsive Therapy (ECT).

## Ways to Deal with Depression

There are a number of ways to easily deal with depression. These include lifestyle changes, organic supplements, prescription medication, talk therapy and physical exercise among others. When you are able to do some research on the alternatives for treatment it will help to choose the options that are most likely to be effective for your situation and needs. Indeed there are no quick fixes or immediate solutions when it comes to depression, but when you concentrate on yourself and follow the treatment strictly, the condition will surely improve.

The fact of the matter is that depression has a mixture of causes and it therefore makes sense to use a number of approaches so that you can cope with it. There are some medical approaches to deal with it like the therapies and medication. Those with this disorder would suffer from different kinds of issues like frustration, state of unhappiness, hopelessness and helplessness among others. The treatment must then deal with all of these symptoms individually.

One of the many treatment options would be to use organic herbal products. Some have suggested the usage of the supplement called Kava. It is known to be very effective in the relieving of anxiety suffered by many people going through depression. You should always bear in mind that any kind of therapy will take time and determination to work.

Indeed all the various treatments would take some time to produce results. You have to ensure that you have a well a balanced diet by selecting foods from the main food groups like fruits, vegetables, breads and cereal products coupled with healthy meats and milk products. These should be consumed instead of the typical fast foods.

Moreover there is the need to be very productive though you may not want to. One has to work out each day so that they get to the point of sweating off the stress from the body. This way, you will be revived. Also you need to spend time enjoying social activities like going out to movies, having dinner with friends and attending sports events.

Make sure you work with a support group and also begin treating yourself with kindness and dignity. You should be easy on yourself. Do not expect a lot of results in a short time. Surely writing in a dairy would help in overcoming depression very much. You may also want to join a support group so that you can get help from others who have been in your situation.

### Vitamin B12 in the Treatment of Depression

In order to overcome a depressive state, it is very important to attain the required amounts of energy in the body. This helps in the development of blood cells and enhances the ability of a person to think positively. There are many reasons why a person is prone to a particular type

of depression. The main reason that can be considered is addiction of some kind, or an incident in their past life which has drastically affected their lifestyle, thinking and activities. A deficiency of vitamin B12 can also lead to the state of depression which can lead to panic, chronic fatigue and poor sleep.

The deficiency of vitamin B12 in a human being is often linked to a very bad diet and improper food habits. Deficiency of B12 can also be caused by lower acid levels in the stomach. This creates an imbalance to the mechanism in the human system which in turn leads to a depressive state. This affects and changes the moods of the person. The condition advances into mood swings which can drastically change the behavior of the person. This slow change in the person is cited as the main reason for a person to enter the state of depression.

A complete medical examination is performed on the patient in order to determine the degree of depression apart from complete blood picture which helps the doctor understand the level of nutrients present in the body. Based on this, the person will be provided with the required treatment which includes addition of vitamin B12 to create a perfect nutrient balance for the person. Researchers have found a connection between B12 deficiency and depression, which has helped them include vitamin B12 in the treatments that are generally provided to people who are in a depressive state.

Vitamin B12 provides for the nutrient balance in the human body apart from providing the required energy levels. It also calms you down, improving both the quality of sleep

and alertness during the day. Psychological therapy and physical exercises are also very important for a depressed patient to come out of the stage and get into a state of normalcy. Natural intake of B12 can be improved by planning a perfect balanced diet taking into consideration the medical history of the patient. It is best to get the vitamins from natural sources. Vitamin B12 also has the capacity to improve mood swings, which are cited as important causes of depression.

### Using Acupuncture to Deal with Depression

One of the illnesses you can always find in many people around the world especially in the United States is that of depression. It has been seen as a major cause of suicides in the US. There are a lot of anti-depressants to treat the condition but there are issues as they have several side effects and the pills have to be taken all the time. It is for this reason that acupuncture has been tried. It has been discovered to be a very promising and reliable therapy for dealing with depression.

The treatment of depression with acupuncture goes a long way to calm your spirit while unblocking any kind of emotional stagnation. Indeed there are some therapists who would make use of electro-acupuncture in order to treat the depression. What they do is to apply a very tiny electric current through the needles for acupuncture. This is very helpful in relieving you of chronic depression. Also acupuncture helps you to locate a good emotional balance

the natural way by enhancing the healing capacities of the body.

The body is seen as having about fourteen main pathways as well as about two thousand pressure points that are targeted by the acupuncturists. What therefore happens is that the needles promote the flow of emotions through the various pathways in order to relieve you of the depression and stress. When you are undergoing this form of treatment it is important that you are flexible with your thoughts. Indeed making new friends could change your mental outlook by keeping disappointments and upsets far away. You should also try and have a good night's sleep always. Moreover one has to be eating healthy foods that can be digested easily while exercising regularly.

Those who use western medicine for treatment and the anti-depressants in particular develop certain side effects and symptoms like diarrhea, nausea and anorexia among others. However, those who use acupuncture have no tendency of developing any of kind of adverse reaction. It is quite unfortunate that the western world has not fully utilized the potential and capacity of acupuncture as a simple way of eliminating depression and leading a normal life again. Indeed there are several healing elements of this treatment which will put your life back on track. Make sure that you follow the treatment plan that is offered. Acupuncture should produce results after a couple of sessions so you may want to give it a time to work.

## Understanding Depression and its Treatment

A person may suffer from different types of depression. The condition a person has widely depends on the surroundings in which the person is and on the situations in which they have been. It is necessary to treat depression in its early stages, as the final stages of depression can lead to suicide attempts and death. People around the depressed individual will have to watch the constant changes that occur and report them as this may help prevent further advancement of the condition of depression. Speaking of depression, it is a chronic disease which is characterized by extreme sadness and inability to cope.

There are many therapy treatments present across the medical field. These mainly aim to provide the required treatment to bring the affected person back to the state of normalcy. A depressed person experiences changes in behavior, physical wellbeing and thoughts. They are often characterized by sadness, helplessness, emptiness, anxiety and irritability. These behavioral changes can create a loss of interest in all the major activities that a person once likes to perform in his or her regular life.

It is very important for a person to have the right assessment so that the level of depression is determined. This will help the doctor to provide the right treatment which over a period of time will ease the symptoms of depression and may even bring back the person to normalcy. A series of medical examinations is carried out by the doctor to understand the state of depression and the current feelings the patient has. A blood test is done to measure

TSH, thyroxin, basic electrolytes and serum calcium. A full blood test or ESR is also performed to eliminate infection.

A patient is also advised to undergo series of physiological sessions along with proper medical treatment to get back to the state of normalcy. It is very important for a person to be advised by a leading and reputed doctor in the locality. This makes it easy for the members of the affected person's family to get a ray of hope for improvement in the behavior of the patient.

As there is no specific time period for improvement, it completely depends on the patient's willingness to change. A constant encouragement from family members will also be helpful for the speedy recovery of the patient. In general, it is best for the person to get as much support as needed. Joining a support group may be an option as the treatment advances and some results are achieved.

### Different Types of Depression

Often when we talk about depression, we consider it to be just a simple low mood condition or sadness that is experienced by any person. This is not quite true as such people need help to recover from their depression. Otherwise it will lead to a more serious situation both physically and mentally. Therefore it is a serious condition that has to be examined carefully as it has the power to cause harm to those affected and even others. For



those who are affected it is important that they seek help immediately.

We should not think that those who are suffering from this condition have some form of weakness. This is because with very good treatment and support from others they will be able to get rid of this mental problem and be normal again. There are a number of things that trigger depression. Some of these include life changing events like losing a job or even a loved one. There are some folks who would just not talk about it until the situation becomes serious. You should however always remember that the sooner you get medical treatment the better your chances of recovering from the depression are.

There are several kinds of depression. One them is bipolar disorder. This would normally include some periods of feeling extremely happy and others of feeling totally depressed. Initially, it would be called depression illness.

There is also a type of depression known as psychotic depression. Those who suffer from this kind of illness would experience low mood together with psychotic symptoms like having delusions. The sufferer could also feel that everyone is against him or her. He may also have some hallucinations or see things which are not real. There is also mixed depression and anxiety. These individuals suffer from symptoms of anxiety and some signs of mental illness. There is clinical depression. If you have this condition, you may feel depressed for like two weeks. It could also be called Unipolar or major depression.

Therefore with this valuable information on depression you should be able to act immediately when you suspect that anyone around you is displaying the symptoms. If you are able to identify the kind of depression you are dealing with, this would go a long way to help the sufferer opt for the right kind of treatment which would help make his condition stable. The main types of treatment include intake of medications and psychotherapy. These are often combined to produce the best results.

### Treatment for Worsening Depression

Depression as a mental medical condition can actually get worse if not treated very well at the initial stages. When the depression becomes worse it is good that you monitor the patient's compliance with the medical recommendations with regards to the therapy that is used at home. The therapy would include regular exercise and a balanced diet always. It is also good that you identify and also reduce the stress levels in order to prevent any aggravation of the symptoms associated with the disease. When there is the need for a short hospital stay then you should go ahead especially if the person displays some warning signs of suicide or hostile behavior.

It is important that when someone is depressed the care giver hides any drugs in the house that could be dangerous. This is especially the case if the person knows they are there. There is no doubt about the fact that drug overdose

is a way which most people use to commit suicide and therefore these should be taken out of the home. It is important that the care givers try and convince the person - especially if they are young - about the futility of the plan when there are thoughts of suicide.

There is information to prove that family involvement in the treatment of depression is very good and effective especially for children and adolescents. There are times when the parents of such people with depression could be depressed or become depressed and therefore need therapy. The treatment that is instituted here would lead to a faster recovery of the sufferer. When the treatment for depression is accompanied by side effects the recovery process for the person then becomes quite difficult. Sometimes it is crucial to take the drugs for a number of weeks so that they will be effective.

When it comes to the medications, those who are given antidepressants within the first weeks of treatment have to be monitored closely for any side effects. One of the antidepressants is fluoxetine which is very powerful in the treatment of depression. This is especially the case when it is prescribed and taken consistently. However sometimes it could take like a week for the treatment to start working. But those who are not treated thereafter stand the risk of suicide which should be taken into account when the antidepressant therapy is started. The therapy should be recommended by a specialist.

## The Relationship between Obesity and Depression

Those who are interested in this and have done some research on it will know that it is just like the chicken and egg debate. Even though there has been quite a lot of work done on the issue, it is still not confirmed which of the two out of depression and obesity appeared first. In a nutshell the issue has been widely discussed but there is still no single right answer. However, it is a fact that certain conditions are connected in such a way that one triggers the other and vice versa.

The main point that needs to be discussed here is that people often ignore the issue of obesity-related depression and this should not be the case. It is a medical condition and like any other medical condition it needs to be given proper attention in a similar manner.

One of the biggest reasons for obesity related depression is the overall attitude of society. The general attitude of society is that it considers obese people as unsuccessful, lazy and slow. All such negative notions are attached to them. This is a very stereotypical attitude and a very unhealthy one for that matter. There can be a number of reasons for one's obesity. So it is not right to judge everyone in the same way. However, no matter how many times we say that this is wrong, it is still happening. This negative attitude is adopted by the majority of the people. This action is what contributes to the low self esteem of those people suffering from obesity. It then leads them into depression.

Depression and considering oneself less worthy compared to others is also related to the social standards that have been set and are followed in this materialistic world. This does not mean that all social standards are bad but one needs to review the artificial ones that have been set.

The depression related to obesity can also be related to hormones as well. Imbalance of hormones is one of the reasons for obesity. This imbalance can also lead to depression. Therefore, one cannot point their finger at any issue as they all are quite interlinked. The best way to handle this issue is to see the doctor, who can help the individual with a combination of medication and therapy. The results have not only been positive but very good. Therefore one should not hesitate to ask for help. It is one's right and should not be ignored.

### The Difference between a Psychiatrist and a Psychologist

The simplest explanation to the difference between a psychologist and a psychiatrist is that to treat depression, the first one takes a medical approach, while the latter does not. Psychologists can help their depressed patients by using counseling and psychotherapy. She or he might hold a recognized doctoral degree or Ph.D. and is usually called a "doctor," but not in the way we call a medical doctor or M.D.

Psychiatrists are medical doctors and as such they might perform psychotherapy. They can prescribe some medications and carry out medical procedures like ECT (electroconvulsive therapy) and/or TMS (transcranial magnetic stimulation). There is however, an exception to the above mentioned. There are states - Louisiana and New Mexico - that allow properly trained medical psychologists to legally prescribe medication. Some limitations apply, though.

If the question "What's the Difference between a Psychologist and a Psychiatrist?" is asked, most people will feel that this question sounds pretty much like the setup for a joke. However, it is a crucial difference that you should understand. And you need to get the whole idea if you're an apprentice of psychology or just a typical patient who is looking for a reliable provider of mental health. As a matter of fact, the two terms "psychologist" and "psychiatrist" oftentimes are utilized interchangeably for describing anybody who is offering therapy based services. Even though psychologists and psychiatrists are both experts at conducting psychotherapy and research on it, there are crucial differences lying between these two professions.

The basic difference is in three factors and namely - Education, Training, and Credentials. The simple answer lies within the academic background that is required for every profession. Psychiatrists have a special degree in medicine, whereas psychologists have a doctoral-level degree in psychology. But there are some other distinctions which make these professions pretty unique. Psychologists get graduate level training in psychology. They then pursue

a Ph.D. (acronym for Doctor of Philosophy) or a Psy.D. (acronym for Doctor of Psychology) focused on clinical / counseling psychology.

Actually, doctorate programs usually take between five and seven years to complete. Then again, a great majority of the states now require an extra one or two-year long internship for getting licensure. There are other states that require an extra year (maybe two) of highly supervised practice prior to issuing a full licensure. The term "psychologist" can be utilized by somebody who has the above mentioned education, training and state licensure. Actually, informal titles like "counselor" or "therapist" are oftentimes seen too, but many other mental healthcare professionals like licensed social workers could claim such titles as well. In general, psychologists do not necessarily work with people who suffer from some form of mental condition. They often work with perfectly healthy individuals who are going through stressful times.

Psychiatrists are actually the physicians who have particular training in the appraisal, diagnoses, treatment and prevention of different types of mental illnesses. Psychiatrists nowadays attend medical schools to get their M.D. When they are done with their clinical training, they'll also be able to complete an additional 4 years of residency training focused on mental health. Besides this, there are some people out there who receive extra training in a particular area of interest like geriatric psychiatry, child and adolescent psychiatry, addictions or other areas. Prescribing medications is also an important area of difference.

This is the second vital distinction that lies between these two lines of careers. Psychiatrists are able to prescribe medications, whereas in a great majority of the states psychologists can't. However, there's been a fresh push to grant prescribing powers to psychologists. Some states like New Mexico or Louisiana currently grant prescribing privileges to today's medical psychologists who hold a post-doctoral degree (or maybe the equivalent) in medical psychopharmacology.

Kevin McGuinness, who is serving as the chairman of the Commissioned Corps Mental Health Functional Advisory Group, recently clarified the things for people who are fond of a career path in psychology - especially as a prescriber. It's crucial that every future psychologist is aware of the fact that some federal employees or uniformed commissioned officers (e.g. Army, Air Force, Public Health Service, Navy officers) who are licensed in any state as clinical psychologists have the legal right to prescribe medications in any other state that they're assigned to by the federal government.

### Symptoms of Severe Depression

Do you know how major depression tends to differ from depression? Well, major depression could be classified with 5 or even more types of symptoms experienced in two weeks. And these are coupled with changes in your sleeping and/or eating habits. For the other symptoms, please read further.



If you want to scrutinize the symptoms in details, you should know that there are some special kinds of screening tests you can do for further concluding the diagnosis of severe or major depression.

No one is immune to this form of depression, but it's reported that ladies are comparatively more vulnerable to getting this type of depression compared to men. However, the 3 main symptoms that you should watch out for are fatigue or low energy, sleep trouble or too much sleep and finally withdrawal from social activities that the person once loved doing. There isn't any need to explain these symptoms, as they're self explanatory. However, the main causes could range anywhere from negligible incidents triggering tremendous responses to a severe chemical imbalance triggering extreme behavioral changes. No matter what the cause is, it always remains a pretty serious condition calling for your attention.

The most extreme avenue of relief that people seek out is suicide. Just as we all know, there are many people out there suffering from depression who have undertaken this destructive route. True, you can find temporary relief with pills or drugs, however in the long run the drugs could in fact turn out to be much more harmful. What is further complicating the issue is the fact today's health plans are gradually trimming back the underlying benefits.

They are overloaded as well and cannot always provide individuals with the care required for depressive conditions. If you just rule out the case of some sort of chemical imbalance causing the problem, you could take a

good look at this problem's emotional side. Somewhere in the horizon, hope and optimism go away from the mind of the patient. Depression is the opposite to hope. When somebody loses hope it is called depression. And the longer such a condition is allowed to persist, the deeper the roots of it will go, making it harder to treat and cure.

It's imperative that you focus on this problem early on. Doing this as early as you can is vital. Millions of people get caught with depression every single day because of their modern, stressful lifestyle. While some are rather prone to depression problems due to heredity factors, hormonal imbalance can also affect the bodily system as well as the mental disposition. Often women who have given birth may undergo post-partum depression resulting from a sudden plunge of hormonal levels. After some months, the hormones stabilize and the new mom can slowly adjust to the newborn and recommence her normal lifestyle.

Sudden changes in your life could also trigger depression as people generally resist change. When economic downturn happens in life, many people become gravely depressed because they end up losing their jobs and because they also face higher mortgage loans, which they must repay. Usually, when a great depression period sets in, many income generating people (mostly husbands) actually commit suicide, while others end up abandoning their family, since they want to react to the troubled times, but they find themselves helpless.

Then again, changes in your life (e.g. divorce, demise of the spouse) turn out to be demanding events. Individuals

experiencing such kind of situations find it hard to cope with their issues. Nevertheless, depression could also result from some sort of chemical imbalance within the brain because of the lack of neurotransmitters (e.g. serotonin, epinephrine). But regardless of what the prime causes of depression are, it's crucial that you treat it as soon as possible, particularly when there are different symptoms of intense depression present.

Cases of major depression are always characterized by poor self-esteem and lack of interest in many types of things, which were once pleasurable as a hobby. There could be problems in eating and/or sleeping patterns, which could be coupled with chronic sadness and mood swings. It's possible that the individual talks about imminent death. The person may also want to commit suicide. As such traits are obvious, the individual becomes severely depressed.

### Symptoms of Mild Depression

Imagine a person who started feeling sad often. The patient realized finally that it was not very easy to step out of the 'blues' anymore. May be she started feeling symptoms of mild depression early on. While many us end up going through the instances in life which give us the feeling of lowness and depression, we don't call that a case of depression every time. Depression might come in various degrees and can range from mild to severe. It is absolutely crucial that you spot such mild depression symptoms before they develop into full blown ones.

Have you ever reached a stage in life during which you felt that you could just not move on any longer? Do you feel desperate about the current situation you are faced with? The whole thing seems like this - the more you're thinking about such questions or issues, the tougher it is for you get the answers. Now, just imagine your life as if you're happy yet again and trying to live your life just as you were living it before. Suppose there's a good cure for your depression within less than six weeks. Say it is a process that can aid you in breaking the seemingly endless cycle of depression. You would feel interested, right?

The most common aftermath of mild depression is denial. If the patient is faced with the truth that she's got a case of mild depression, chances are high that she will not want to look at reality in the eye. The patient might become depressed and willing to cover up her condition and may try to find her way out by leading an injurious lifestyle. You can decide for yourself if this works for coping with the symptoms of mild depression. The most common problems are overeating, overworking, and working overtime, alcoholism and uncontrolled drug abuse.

Mild depression is characterized by remaining detached from the haunting thoughts or feelings. People usually do not wish to be aware of the present altered state. The patient might become upset regarding this feeling of inability to reinstate things and make them just the way they were before. Even though she is willing to change the whole thing, she might feel too exhausted to make such changes and might fall much deeper into the spiral of depression.

Development of mild depression might lead to a much more severe state. Such symptoms might be experienced for many days and even for several months. The problem gradually soars to more radical changes. The most common problems include ignoring personal hygiene, inability to concentrate on work or studies, avoiding significant relationships, vague thought patterns or even hallucinations. Symptoms of depression can vary a lot from one person to another. The patient might want to acknowledge the fact that she's depressed and also that she's got to look for the root causes of her depression. Do not extend your anguish and live despondently!

You should get your lifestyle back on track and in order before it's too late. One of the fastest and simplest ways for you to battle these mild depression symptoms involves one important thing - a good pair of comfy shoes! Yeah! We are not joking here. Just half an hour of mild to moderate exercise can make a difference. Walk 3 to 5 times every week, as this could improve the creation of serotonin and endorphins. These are the good chemicals that are naturally created within your body, which works diligently to reduce your depression and nervousness.

If you do not like to exercise, you can just take a pill, which makes the miserable depression symptoms go away. However, you will most likely feel uncomfortable about this. Secondly, utilizing medications might take somewhere between 6 and 8 weeks before you'll see relief symptoms. Along with the relief of symptoms you might experience some fresh symptoms pertaining to the unwanted effects of

medicines that could include weight gain/loss, insomnia/sleepiness, anxiety, restlessness, reduced sex drive, exhaustion, dried mouth, dizziness and nausea.

Along with such negative effects, there's a risk of triggering an upsurge instead of a reduction in depression. When taking medication, the patient might be at greater risk of suicide. While that is usually true with children or young adults when it comes to the use of antidepressant medication, anybody using antidepressants should be very closely watched for some sorts of suicidal thoughts and behaviors. This type of suicide risk is greatest in the first month or two of taking antidepressant medications.

### Overcoming Depression Naturally

Depression is a state in which a person shows different signs of abnormal behavior such as anxiety, sadness, guilt, helplessness, hopelessness and insomnia. There are many reasons why a person falls prey to the state of depression. It is necessary for a person to understand the changes in their life at an early stage to find the best treatment available to help them get back to normal. The treatment will completely depend on the individual's problem. Hence, it is necessary that they discuss the problem with a doctor in detail. They should talk about their experience and the doctor should check their medical history to get a good insight into the real cause of the problem.

Depression may be caused by changes in the brain chemical balance. According to a recent survey, there are as many as 121 million individuals across America suffering from different types of depression. Pharmaceutical companies produce anti-depressant medicines aiming to satisfy the increasing demand for the same. Though these medications do have some effect on the body, they tend to have some side effects in the long run which at times can be serious.

In order to overcome a depressive disorder, a person can use a natural remedy, which will not only improve the total quality of life, but also help them return back to the state of normalcy without the need to use medicines. An anti-inflammatory diet and a balanced lifestyle are the main solutions that one can implement in order to achieve their goal of attaining normalcy. The nutrients found in food help improve the functioning of the brain and of the immune system and at the same time suppress the development of depressant chemicals in the brain.

Healthy physical exercises help the enhancement of brain activity, correcting the mood swinging disorder. It is advised to do physical exercises daily to improve your fitness and overall health and also maintain the chemical balance in the brain. It is important that a person follows the complete schedule in order to overcome their depressive state without any side effects. Apart from these factors, it is also advised for the patients to indulge in activities which they like and which will keep them busy.

This increases the concentration levels and brings back the normalcy that one would like to have in their life. It is

important for patients suffering from depression to use various mind and body techniques for relaxation such as deep breathing, meditation and guided imagery.

### Omega-3 Fatty Acids to Reduce Depression

Depression is defined as the state of low mood which drastically changes the behavior of a person. The usual symptoms of a person who is in a depressive state are anxiety, helplessness, sadness, guilt, hopelessness, irritability and fast changing thoughts. Addictions to alcohol, drugs may also be found in depressed persons. As every person has their own reasons to be depressed, it is necessary to cure the condition at the early stages to stop the further advancement of depression which may even lead to various diseases.

Omega-3 fatty acids are considered to be some of the most important nutrients which have a crucial role in providing aid for clinical depression, especially in the elderly. These particular nutritional products have the capacity to suppress the symptoms of depression in elderly women. Treatment is prescribed based on the examination that has been carried out by the doctor to find out the degree of depression along with other health conditions. Based on this, the preferred treatment will be carried out using medication along with physical exercises to overcome the problem within a short period of time.



Inclusion of omega-3 nutritional products will also be very helpful to bring down the degree of depression in a person. According to research carried out by doctors, inclusion of omega-3 fatty acids has shown a decrease in depression rates by over 50%. And the best part of all is that it does not cause any side effects unlike prescribed drugs for medication treatment of depression. The nutritional product creates a perfect balance between emotional behaviors and reduces anxiety which is the primary source of development of depression.

Hence, it is very important for rehab centers and doctors to consider inclusion of omega-3 nutrients in the medical treatment of patients in the state of depression. Apart from reduced production of anxiety causing chemicals in the body, omega-3 fatty acids also improve cardiovascular health this increasing the life span of the person. The amount that should be provided to the patient will completely depend upon the doctor's treatment plan and the degree of depression. A healthy diet should be planned for the patient. It should include all the nutrients necessary for the human system to fight back the release of brain chemicals that increase the level of depression and cause drastic mood swings. In general, it may be a good idea to get omega-3 fatty acids from natural sources such as salmon, tuna, mackerel, sardines and flaxseed oil.

### Minerals and Vitamins to Overcome Depression

Depression begins when a person shows signs of anxiety,

helplessness, and guilt, irritability and has changes in their physical behavior and thoughts. There are many reasons why a person falls into the state of depression. The main reason may be a situation, event or object which has created great pain in the person. Mood swings are another one of the reasons why a person will fall prey to depression. It is very important to treat the state of depression at the earliest signs of trouble. This provides a greater opportunity for the doctor to bring the person back to normalcy.

The brain is dependent on mood boosting nutrients which are obtained from good food. Eating habits are also important for getting the right nutrients in the right amounts at the right time. Improper food intake is associated with the development of a depressive state in a person. When a person's brain does not receive the right quantity of anti-depressant nutrients, medicines are provided to the patient to fill in the gap.

But before one starts to use anti-depressants, it is essential to understand the real cause of the state of depression. This will help the patient find the best medication available to get back to the state of normalcy. Here are some mood boosting minerals which can be included in the diet of the patient.

1. Chromium - the main aim of this nutrient is to provide a balance in sugar levels present in blood. The presence of this particular nutrient in the body will completely reduce mood swings. It is also a part of energy chemical reactions in the body.

2. Magnesium - the inclusion of this particular nutrient will help overcome anxiety, sleeplessness and depression. It is known as the happy mineral as it is needed to produce serotonin.

3. Amino acids - in order to increase serotonin levels in the body, Amino acids play a vital role and at the same time suppress the development of depressant chemicals in the body.

4. Omega-3 - cod liver oil is rich in omega-3 which has helped reduce depression levels by over 50%. This oil offers greater improvement compared to antidepressant drugs.

5. Vitamin B12 - very essential nutrient for the body. Vitamin B12 plays a vital role in the development of happy mood creating a perfect chemical balance in the brain.

Doing physical exercises, taking medication, attending psychotherapy sessions and having a balanced diet will help a person overcome their depressive state and lead a healthy life.

Loss of a Loved One Can Cause Severe Depression

There are a number of things which can lead to depression and one of major ones is the loss of a loved one. Death is a fact of life and we all know that it can happen to anyone and at anytime. The problem is that even knowing this as a fact, none of us is prepared to lose a loved one, knowingly or in a sudden incident. However, a lot of people manage to move on and to live with the effect of the loss in their heart. They manage to continue to live normally. This, however, is not true in a number of cases.

One of the opinions out there is that people who go into depression after the loss of a loved one are very sensitive people. This is true. It is the very sensitive people to whom adjusting to this new reality is going to be very difficult and therefore, the probability of them going into depression is very high.

However, this is not the only reason why people go into depression. It is not only this type of people that go into depression after the loss of a loved one. People who are generally able to absorb the shocks of life are also at times vulnerable to depression after such an incident. There can be a number of reasons behind their sudden depression. One of them can be that they have been absorbing too many shocks. If this is the case, then a time comes when the ability to absorb more shocks is just simply not there. Another case can be when the loss is so sudden and hits the individual in the most unusual manner. In such cases, the loss is not just in one's control to deal with it.

To conclude that people who suffer from depression after the loss of an individual are irrational people or that that

they are not able to deal with life is not right. The human brain is a very complex system in the body. On one side it handles the entire human body in an amazing manner, while on the other hand its chemical composition is very sensitive. The slightest imbalance in it can cause a lot of problems. Therefore, to blame the individual for the resulting problems is just plain stupid and most unjust. Everyone should not be measured against the same yardstick as everyone is different from the others.

### Learn the Warning Signs of Suicide

Suicide now accounts for around 1.26 percent of the total deaths within the United States every year. In recent years, there's been a considerable boost in the rate amongst both adolescents and elders. It is said that a huge proportion of the US suicide cases are now primarily related to certain types of mood disorders and/or other types of psychiatric illnesses. There are many situations in which these conditions might expedite suicidal thoughts and behaviors. Common reasons for depression which may trigger suicidal thoughts are joblessness, financial problems, feelings of guilt, alcohol and drug addiction, bodily illness and death of a loved one.

Many people primarily close friends, family members and relatives of the people who try to commit suicide consider it as the most selfish act there is. However, the individuals who attempt suicide feel otherwise. They mistakenly believe that their act is doing their friends

and family a favor as well as resolving their own state of unhappiness.

One effective way for you to prevent suicide involves early detection and getting help from professionals. The most common symptoms of suicide thoughts are - impulsiveness, tension, anxiety, expression of guilt, and change in behavior or personality, depression, and direct/indirect threats to carry out suicide, nervousness, low appetite, fatigue, problems in concentrating, drug/alcohol abuse, and aggressive behavior and others.

Do remember the fact that suicide cannot be an option at all. You need to get help from experienced professionals NOW! Suicide is fortunately an avoidable health issue, even though it accounts for a large number of deaths in the whole of the U.S. Risk factors related to the thoughts of suicide tend to vary a lot with people's age, sex as well as ethnic group. Then again, these subtle risk factors oftentimes occur in mishmash.

Today, 90+ per cent of people who die from committing suicide also suffered from depression or other types of diagnosable mental/substance abuse disorder. Oftentimes other mental disorders are present. As a matter of fact, adverse/traumatic life events together with many other risk factors like depression might lead to the cases of suicide. However, suicide or suicidal behavior must be regarded as common responses to tension or stress.

There are many other subtle risk factors for people to

commit suicide. The most common ones include previous suicide attempts, substance abuse and/or a family background of mental disorder, which may or may not include a family background of suicide or violence. This includes records of physical/sexual abuse, having firearms within the household premises, incarceration and exposure to other people's suicidal behavior. Today, a great majority of common people undergo a certain phase of intolerable pain. This happens at least a couple of times in everybody's lifetime and they may want to die. When people feel helplessness and hopelessness and intolerable pain, they try to escape these situations by ending their lives. Actually, the feelings become so overwhelming that some people try and commit suicide.

Suicide isn't chosen. It just happens as pain goes beyond resources for dealing with it. Then again, the ability to cope with pain varies from one person to another. There isn't anything right or mistaken about this feeling. It is just the reality of your life. If we're caught in the feeling of suicide today, that doesn't mean we're crazy, feeble or something like that. This does not mean that we are eager to die. It is just that we're in more intense pain than we're able to bear and that pain is going beyond the pain management resources we have and as a result we all feel suicidal sometimes.

Fortunately, we can all conquer our urge to suicide through finding different ways to ease our pain. You can also find ways to improve our pain coping resources. Firstly, you should know the symptoms which could help alert you to the fact that your loved ones pain is beyond bearing and could lead to suicide. If you take a recap of the symptoms, you

will see that most of the potential suicides say words like, "I wish I could die", or "I should die" or "I do not understand why I'm living" or "I'll kill myself" and things like that.

### Is Depression Permanent?

Actually the real question should be - is depression at all treatable? Well, this depends a lot on what the main causes of depression are. There's environmental depression, which gets triggered by environmental events such as a death in your family, getting rejected in love and falling victim of stressful situations. If your depression is triggered by these issues, you are likely to be fully aware of the reasons behind the depression. Oftentimes, after the passing of some time, you can recover and finally start feeling like before. This means that your body starts producing serotonin again.

When it comes to endogenous depression, the sufferer usually remains unlucky when trying to figure out why he is getting depressed. He might seek out the assistance and advice of a professional. It's unfortunate that most of the healthcare professionals are stuck when it comes to understanding the true causes behind depression. They occasionally resort to drugs or "talk therapies" since the underlying treatment used to address depression and mood disorders happens to be general. Just a minority out there can gain some benefits from the conventional treatments. And you can get success mostly when your mood disorder is



still at primary stage and has not reached a more severe stage yet. But that's all pretty much about the general treatment.

You can always get great results and treat your depression effectively even if you are faced with a severe case of depression. A great majority of the people out there end up using drugs throughout the rest of their lives under the traditional treatment. Actually drugs seem to be capable of treating solely the symptoms. They can hardly address the original biochemical imbalance which is responsible for your depression.

There are many unconventional approaches out there when it comes to treating depression. There are many examples mentioned on the internet. A nutritional psychologist can take a psycho nutritional approach for treating mood disorders of the biological kind. The treatment is based on the assumption that a great majority of the happy hormones and neurotransmitters which enable us to feel contentment and happiness are sourced from the natural food sources. This is a proof-based scientific approach, actually. Furthermore many experts believe that by educating people on the science behind nutritional biochemistry many types of depression can be healed or at least controlled to some extent. That's much less complex than it sounds or appears at first though.

Some sufferers manage to overcome the problem of depression or any other types of mood disorders by using psychotherapy. The results are really good when they use biological solutions as well. So you can perhaps get the best possible

results by using psychological solutions. The effects are achieved through the use of educational material that mainly comes as articles that are made available online. Considering all this depression - be it environmental or biological - can be treated without the use of OTC drugs. Oftentimes, you do not even need to resort to any kind of talk therapy at all, if you are willing to take enough time to study. And as an alternative, a client is left with the choice to use the services of a Nutritional Doctor, a Clinical Nutritionist or may be a veteran Nutritional Psychologist.

For a patient who suffers from depression and/or some kind of personality disorder, the problem is that when he or she gets off the pills, they become too depressed again. There are different degrees of depression. Some patients take medications and turn to therapies. After a while, they feel better and their physician advises that they stop taking the pills. At the other end of the spectrum, there are people out there who need to rely heavily on the pills for many years if not throughout the rest of their life. But you need to remember that things mostly depend on your will power and how eager you are to lead a healthier life and to bring positive changes in your life. If you can change your inner self for healing your depression, no matter how severe it is, it can be cured for good. Do not let anything stop you from believing in yourself. You can do it yourself and just let the therapies and medications give you a hand on your way to success!

Is Depression a Personality Flaw?

Depression is usually seen as a personality flaw in individuals. A lot of things are considered to contribute to the improper socialization of an individual who is suffering from depression. The fact of the matter is that all these things are not at all right. They are just excuses used to ignore the problem at hand and to avoid taking responsibility and helping the individual.

It has been proven by a number of studies that depression is not at all a personality flaw. It is a medical condition and therefore it needs to be treated as such. Simple reasoning to use in this case is that if it was a personality flaw then it should not be witnessed in small children aged 6 or younger. This is because this is the age group in which the children are going through the process of socialization. Again this is just one example and many such examples can be quoted to prove that depression is a medical condition. Those who are interested in the subject can get these studies from the relevant medical journals. A lot of them are available on the Internet as well.

Once it has been proven that it is a medical condition only, the next step is to treat it as such, instead of just ignoring it and thinking that it will go away with time. Depression is not going to go away with time. It is only going to get worse with time and take forms that will be more and more difficult to handle.

Depression is not caused by just one problem alone, but often many combined. Also there are many types of depression

and each one has a different solution. Therefore, it is very important that those suffering from depression get proper help. This is because only an expert in the field is going to be able to figure out what type of depression an individual is suffering from and how to treat it best.

At times all one needs is to take the appropriate medication that has been prescribed. Then in some cases it is just therapy that is necessary while in other cases a combination of the two is required. The perception that those suffering from depression will have to go through treatment for the rest of their lives is wrong as well. The condition can be treated and with proper care it will not come back.

### Importance of Continued Treatment for Depression Sufferers

When it comes to depression there is the need to handle the situation carefully because of its nature. This is because it is quite a subtle medical condition. When it comes to adolescents and children in particular, a lot of care has to be taken because they are not really mature enough to cope with things in life. Indeed the kind of treatment that has to be offered would largely depend on the first episode of depression and its severity.

The treatment for depression in children and adolescents would normally be in the form of family education, medication and counseling. There are numerous tips that could be given to those who are affected. It is important

that you learn how to easily recognize the symptoms of a manic episode which is part of a bipolar disorder. Also come to terms with the signs of suicidal behavior and its recurrence in order to assess the severity and adopt the correct treatment approach. One must also learn the ways in which to reduce stress which makes depression worse. There is the need to know how to easily check if the child is following the therapeutic plan that is administered and that the counseling sessions are correctly scheduled.

Moreover it is important that you get a good education provided by medical personnel. Some family members should learn a lot about the condition. Others kinds of therapy would include play therapy for the young children, family therapy to comfort and educate the family, group therapy which concentrates on personal and social relationships as well as cognitive behavioral therapy which concentrates on modifying certain behaviors and ideas.

One very crucial part of the treatment for depression is to perform a follow-up of the drug administration in the children. There are times when people who feel better after some time may abandon the treatment. But when the intake of the kind of medication that was prescribed is discontinued, the symptoms can easily recur so it is crucial that you follow through.

It is important that the child continues to follow the program of lifestyle changes and counseling which should include regular exercise and healthy eating. If you think that the child has some form of disorder which is associated with depression then you should follow the treatment for

that illness. It is important that the medical personnel are informed about the treatment plan for the other disease associated with the condition.

### How to Treat Mild Depression Yourself

What could be the best way out of your mild depression problem? Are you considering popping a tablet or pill? This could be the best and last resort for many people out there. They want to deal with their emotional problems using these OTC solutions. At times, mild depression can beset your lifestyle. And there is something very positive regarding this kind of situation - you can exercise self-help using some alternative solutions.

Doctors don't recommend antidepressants for treating mild depression. Many experts have noticed that the cases of mild depression can be resolved in the DIY way within a week or two if there are positive efforts made to treat the condition. Patients can help themselves through some counseling sessions. Then again, they can get advice on boosting the results through improved self-care.

If you want to self-treat your mild depression, you can consider doing some regular exercises. Some studies show that increased physical activity is often helpful. Sometimes exercising on a regular basis can help. Try to work out for half an hour every day at least, to reduce stress as well as hormones which promote different types

of depressive behavior. Exercise could lead to hormonal boosts that promote positive feelings. It's best for you to consult an experienced physician on the best fitness scheme for you. The idea here is to make sure that the clinical treatment can be reinforced with the workout regime. The treatment regimen could be best if there is a fitness trainer out there to help you out.

Another self-help way to use is getting counseling. Most people can benefit from getting some counseling regarding their problems. Psychotherapy is much more beneficial, since it's a much more effective and constructive approach than the OTC drug solution. There is nothing you need fear about facing a psychotherapist. There have been recent advancements in the various forms of treatment.

Diet should also be among your key considerations as this has a great deal to do with how you feel. What we eat can directly affect our body's biochemical balance. You should stay away from foodstuffs that are sugary and/or starchy, as they have massive impact on the level of insulin in your body. Junk or fast food items fall in this class as well. Try and eat a healthy and well-balanced diet that is absolutely free from processed foods, especially the unhealthy ones. You need to reduce the level of your caffeine intake and make sure you stick to low to moderate doses. As a matter of fact, larger amounts of caffeine could enhance some of the main depression symptoms like irritability and sleep disruption.

Depression is a cycle of self-destructive behavior that you need to break. Your focus should primarily be on making

positive changes in your usual day to day routines. And this oftentimes comes forward when you need to face tough situations like handling relationships or professional issues. It doesn't have to be difficult. Experts usually advise that people start doing things they've always intended to do. That way, the overall experience turns out to be rewarding sooner particularly if it involves original activities. Hence, the key component here is to discontinue doing things that promote the cycle.

Who doesn't know that prevention is better than cure? So you need stop your alcohol or drug intake. Alcohol is a depressant that can also disrupt your emotional balance and the basic and normal brain chemistry. There are a number of medications out there that produce just about the same kinds of effects. Your motto should be to avoid these impacts without any exception. Besides medication, you can find great results by consulting experts who can help you buy alternative medication and modify the doses to ensure that it's safe to take.

You can also seek pleasure! There's nothing like having fun. You need to take as much time you need for making things enjoyable. It's likely that many of your pleasures were forgone previously when you tried to deal with your problems. This eliminated the coping factor that a great majority of the people out there need for dealing with their hardships. You need to choose some activities which involve your friends, family and the ones who are dear to you. By combining all these things you can hopefully step out of your problem.



## How to Prevent Depression from Returning

Up till recently, we supposed that an event of depressive illness actually had a 50% lifetime risk of coming back. Some recent research shows that the underlying risk is perhaps much, much higher. Anyone who has suffered two or more incidents of depressive illness is 75% more likely to develop another bout of it. Having had three or multiple episodes of severe depressive illness makes it inevitable that further episodes plague you.

The brain actually learns to reiterate depression. As the depressive illness remains a stress-triggered break down within your brain's chemistry, it will involve some changes within the electrical pathways within the brain. The brain remains in a continuous learning curve, and it also learns inapt electrical patterns, like people who keep getting frequent epileptic seizures. But these are also assumptions. And some people assume that having prolonged and/or frequent episodes of severe depression trains the brain to easily let the illness come back and finally the brain can nearly spontaneously make depression to reoccur, even when there is a lack of major stresses. This phenomenon is technically known as "kindling".

Drugs utilized for preventing additional episodes of seizure within people who've got epileptic seizures (also known as anticonvulsants), can prevent your brain from learning as well as repeating the irregular electrical patterns. Such anticonvulsant or anti-kindling drugs can

prevent epileptic seizures successfully. Happily, they can also stop episodes of depression. Preventing the repetition of depressive episodes is not that hard, actually. There are some options which you might consider using. They are designed to stop the comeback of depressive conditions.

You could consider using longer term or imprecise antidepressants. This is regarded as an extremely helpful way to prevent depression from returning. It can bring along some great advantages, which your dosages of antidepressants could manipulate, when raised or lowered. Things depend a lot on what the level of side effects are. Longer term Lithium intake could help. Lithium comes with a potent effect when it comes to preventing relapses of mild or severe depression. It's particularly valuable to help those who suffer from bipolar illnesses (manic depressive illnesses), if it is used to deal with progressively longer time periods of suffering. Longer term anticonvulsants are also known to be effective. The effectiveness of anticonvulsants to prevent repeated spans of depression isn't yet totally established, though they are extremely useful with patients suffering from bipolar illnesses (manic depressive illnesses).

Consider using Cognitive Therapy (Interpersonal Therapy). Such techniques to deal with the hazardous stresses in life as well as early depressive symptoms can work if applied in a highly structured way. These have been already proven to work when it comes to preventing the return of mild or severe depressive illnesses. But it isn't certain that these anti-depression techniques are able to stop the return of severe or mild depressive illnesses that are characterized by major biochemical imbalances.

You also need to steer clear of stress that has been rattling your life for too long. Depression happens to be one of the most stress-induced illnesses, and to steer clear of it, you need to avoid overloading your life with pressures and negative thoughts. This can significantly reduce the chances of the depressive illness coming back.

You also need to improve your existing relationships. This is the top protection you could ever have against getting a depressive illness when you are under stress. Ideally you should try to improve your relationship with your partner, so that you can feel emotionally supported. Actually, having a helpful social network of buddies and family members is a good thing if you want to keep depression away. See if you have somebody you could talk to regarding the ups and downs in your life.

Detecting the 'homecoming' of depressive illnesses at an early stage is important particularly when you haven't been taking any kind of preventive medication on a long term basis. A helpful technique here is to write a sympathy filled letter to yourself when you are well and try to describe to yourself how well you are. Write about the symptoms that rattled you before when you got depressed. If you see the symptoms returning some years later, you might have totally forgotten what the initial warning signs were and this particular letter to yourself could perhaps put you on alert.

## How to Overcome Depression and Save Yourself

You sometimes come across a number of folks especially adults who have lost any form of belief in themselves. For this reason they cannot actually take any kind of initiative in life. One of the main causes of this is depression. However, there could be a realization that can change your life forever if you are going through this condition. It is important to recognize in your mind that all life's challenges emanate from our thoughts so what we think makes us who we are. Any fear or bad emotion that comes forth is not actually real.

There is the need to really reject the notion that you are a victim of unfortunate circumstances. The fact that life is difficult because of things that happened to you is false. Indeed one has to stop playing the victim and live life to the fullest no matter what. It is very much difficult for you to take responsibility for your life and yet be a depressed person.

You would not believe that you are strong enough to deal with any difficult circumstance that you come across. There is no reason for you to think that you are an unfortunate person and that you are a loser. Indeed you are a winner no matter what for the fact that you are alive. One crucial realization that must come to you is that the condition of depression is a choice. For this reason you would have to choose differently. This is the simplest way to overcome depression.

There is absolutely no doubt about the fact that one important thing about dealing with depression is your environment. If you happen to find yourself in an intimidating atmosphere, it is quite difficult to really get the best out of your situation. Moreover when there is so much pressure on you to deliver especially at the workplace you could face depression. Therefore you have to remain calm in any difficult situation you find yourself in.

Sometimes the best way to deal with this would be stay away from others and have some breathing exercises. You could also choose to mingle with others and share some informal jokes which make you feel at ease. Here you can get along with your close friends and colleagues who would boost your confidence to perform and deliver. It is important for you to be surrounded by people who love you and who are ready to help you. This would surely save your career and life in general.

### How to Know You Have Depression

Depression is a condition that affects your entire body. When it sets in, it is able to change the way we communicate, sleep, eat and go about our everyday life. It is a condition that a lot of people have acquired and those who have never had it may see it as a form of laziness or weakness and even a lack of willpower. However this is not the case at all. This is a chemical imbalance that could be overcome if it is treated in the right way. One has to therefore recognize

it first before it can be treated well.

One of the ways to recognize depression is to pinpoint the behavioral changes that occur in the person. These would reflect the negative emotions that the person is going through. Most sufferers spend less time interacting with people and more time isolated or alone. Others feel uncomfortable in social encounters. There could be some dramatic changes in eating habits. Others will experience a lack of sexual appetite. This is especially noticeable in those who are married. Anxiety with regards to personal situations is also common. It could be possible for people affected to neglect their hygiene or personal appearance as well as the cleanliness in the home.

Apart from these symptoms, changes in thought patterns often occur. Those who are at school or work may find it pretty difficult to focus and make decisions. There are many depression sufferers who report having difficulties in processing information and thus they have issues with their memory in the short term. It is not good to be overly critical with your ability at work or in school coupled with excessive guilt as these symptoms show that you are going through depression. In extreme cases people could have behaviors and thoughts that are self-destructive.

It is important to also note that those who have depression have changes in their physique. They may suffer from what we call chronic fatigue even in situations when they have a lot of sleep. They normally have insomnia. They have a tendency of not turning off their thoughts so they lie awake for hours without sleeping. There are others however who

would rather sleep more than normal and could even spend most of their time in bed. These folks may also face body aches, back pain and severe headaches as they have depression.

Note these symptoms of depression and take action, if necessary.

### How Alcohol Causes Depression

Depression is one of the many problems that people face today. It has been discovered that alcohol is one of the underlying causes of this condition. The feelings of unhappiness, sadness and hopelessness make life bleak. When you are suffering from this condition you cannot be at the top of your game. When you are tired, you would be experiencing a lack of interest in a whole lot of things. There are a lot of instances when depression can lead to anxiety. Alcohol may cause this condition.

Most people realise that alcohol is a depressant and that is why people should not drink when they feel down. This applies to those who are suffering from maniac depression also. A lot of studies have shown that specialists would normally diagnose wrongly about 65% of those who are depressed. This kind of depression from alcohol would begin from your body.

What happens is that the alcohol reduces the level of norepinephrine and serotonin in the brain. But these are chemicals that offer you very good feelings as well as helping you feel normal. The drugs that are anti-depressants are manufactured to stimulate the production of these chemicals as backup. After drinking lots of alcohol the production of brain chemicals is drastically reduced. It then takes a very long time before the chemicals are restored to their normal levels again.

The fact of the matter is that alcohol will certainly nullify the effects of the stress hormones in the body. It is for this reason that you may feel worse after drinking since there is a depression of your nervous system as well as the brain. It may also interest you to know that alcohol wipes out all vitamins in the body system after you have had a drinking session.

The lack of folic acid will lead to a general depression as there is an elimination of anti-oxidants. The latter are vital to our health since they fight toxins and free radicals that cause damage to the cells of the body. Alcohol can further stimulate a gene that is linked to depression and other kinds of mental problems. This then causes depression and other depressive episodes that originate from your physical body.

This therefore means that the best way to stay away from depression would be to completely stay away from alcohol. This will also bring other health benefits such as lower cholesterol and better heart health.



## Homoeopathy for Treatment of Depression

There are many reasons why a person falls prey to depressive states. The most common symptoms that a person has during the primary stage of depression are anxiety, anger, and helplessness, and guilt, negative thoughts, lack of confidence, hopelessness and insomnia.

Though there are many medical treatments available, most of the antidepressant therapies show side effects in later stages of life. In order to treat depression naturally, one can look forward to the usage of homoeopathy medicine which offers excellent opportunity for individuals to overcome their depressive state without any side effects.

All medical drugs come with side effects and some antidepressant drugs can have serious effects on the immune system of a human being. Homoeopathy is considered to be the best naturally developed medicine which causes no side effects of any kinds. The first step for the person is to approach a reputed doctor. The doctor will determine the real cause of the state of depression. Performing few medical examinations will be helpful to understand the degree of depression. Apart from this, a blood test is also useful to check the vital nutrients that are present in the body.

Based on the results that are obtained from the medical

examination, appropriate homoeopathic treatment will then be carried out considering all unique symptoms of the patient. The main advantages of the usage of homoeopathic medicine are the lack of side effects and also improvement in the overall health of the patient. Manufactured from naturally occurring medicinal plants, homoeopath remedies play a vital role in reducing the depressive state in a person. Apart from this, physical exercises will also be helpful for a person to increase their concentration levels and overcome the state of depression.

As there are many homoeopathic practitioners across the medical field, it is very important for the person to visit a reputed practitioner who will offer complete assistance. It is also very important that the patient provides complete details to the doctor, which will make it possible for them to provide an accurate treatment.

The recovery period depends on the patient's ability to fight back their current state of depression to get back to normalcy without any side effects. A balanced diet should also be planned. It should include all the essential nutrients for the body, which will also improve the overall health apart from suppressing the development of depression. Using different kinds of relaxation techniques should also help.

### General Causes of Depression

Even with all the studies available for people to get information from, a lot of us view depression as a flaw of one's personality. This is far from reality. Depression has been proven to be a medical condition and there are treatments available for it. The problem is that people will go to the relevant doctor only when they see it as a medical problem and not as a personality disorder. When it is treated as a personal flaw, going to the doctor is further seen as a lack of strength. So it is high time that people got out of their box and stopped treating the problem as a taboo.

There are a number of causes of depression and they are not the same for everyone. Everyone has a distinct personality and therefore the causes of depression are going to be different. There are some indications that can be used to determine that a person is suffering from depression but these indicators too are not the same for everyone.

This might come as a surprise to many people but depression can be a genetic problem as well. A number of studies on the matter have been conducted and published. They have proven that if someone in the family has suffered from depression, chances are that other family members and future generations are going to be prone to the problem as well. Therefore, if there is no other external reason that one can find and pin down to be the cause of depression then it is suggested that one looks at their family tree to see if any cases of depression existed.

Another very common cause of depression is morbidity. What this means in this discussion is that if an individual is

suffering from some serious medical problem like cancer or kidney failure, then chances that the person will suffer from depression as well are very high. This is the reason why doctors keep a check on this factor in their patients with serious health problems.

In more sensitive people, some drastic change in their life can also cause depression. This change can be some tragedy but it is not limited to this type of situation only. At times some major negative form of change such as moving to a place that you hate, or losing a lot of money can also cause depression in individuals. Therefore, it is quite insensitive of people to treat this medical condition as a simple character flaw.

### Depression in Teenagers

Depression can happen to anyone. There is no fixed age or gender associated with this medical problem. Children can suffer from depression as well as adults. The indicator by which to judge this is that they lose interest in the activities that they usually enjoy. In adults, there are a number of other factors which can indicate the fact that they are suffering from depression. The most dangerous form of depression is the one suffered by teenagers.

The reason why it is considered to be the most dangerous of all is because most of the time it goes unnoticed. Usually, the indicators that are used to determine whether

a person is suffering from depression or not are ignored. They are viewed as general teenage behavior that is a part of the teenage life. The results of this ignorance are not that pretty and as the problem goes unnoticed, it just gets worse with time.

Teenagers are generally more sensitive to their surroundings compared to any other age group, due to the hormonal changes that they are going through. This is the reason why it is generally advised that parents deal with their teenage children in a very cautious and proper manner. Not doing this is only going to worsen the problem and not present them with any solutions.

The influence of bad company is a big cause of depression. The influence of bad company is going to result in substance abuse and an increase in alcohol use. All these are known to be depressants and their excessive use is going to result in depression. The users of these products should know this.

This is the reason why parents need to be very careful and need to be aware of what their children are doing. However, at the same time they need to ensure that they are not talking to their kids in a very pushy manner as this too is going to push them away. The need of the hour is that the teenagers trust their parents completely.

Instead of looking for support from outsiders they need to be comfortable enough with their parents to share everything with them. This is not just going to ensure that the parents are aware of what is happening in their lives

but this is also going to help point out any issues in their initial stage, instead of them being discovered when it is too late. If you have a teenage child, you have to do your best to get along with them.

### Depression in Our Society

Depression is a medical condition that needs to be treated as a medical problem and not as a flaw in people. People need to see the difference between the two. They need to stop considering depression as a taboo in society.

It is this misunderstanding in society that further isolates the people who are suffering from depression. This isolation does not help for the solving of the problem. Instead the people who are suffering from this problem go deeper into the dark hole of their depression. This does not help the people as just mentioned. Furthermore, this does not even help society as a whole either.

A healthy society is based on the fact that people that comprise the society must contribute something towards it in a positive manner. If there are people who are not able to contribute to these efforts, with time they become a liability of the society. In general terms it has been observed that when such a situation arises, these individuals are not treated in a very nice manner. Some people say that we can't blame anyone for this as the times that we are living in are very testing and people can't be

expected to look after everyone and anyone.

An alternative to this notion is that instead of taking responsibility for the dependant people, people should ensure that those who are suffering from depression get the right kind of help. Once they get the help that they need, the chance of these individuals to go back to society as regular contributing individuals is going to be very high.

Some say that it is not fully assured that these people can be healthy contributors. The best explanation to this is that both the options that have been presented here are based on probability and chance. The intelligent thing to do is to encourage society as a whole to take those chances that are more positive in nature. If it is all a guess work as per the opinion of some people then why not take a positive guess or an optimistic guess.

This way of thinking is not only going to bring a positive change for the suffering individual, but will have healthy impact on the entire society as well. This healthy impact is going to then help in building a positive attitude in the people towards other matters concerning their lives and society as well.

### Depression Factors Outside of One's Control

Those who treat depression as a flaw of an individual's

personality are not well informed. If anyone tells you this, you should not listen to them as clearly they have no idea what they are talking about. There are a number of factors which can cause depression in an individual. Some of these factors are internal and some of these factors are external. None of these factors are in one's own control, though it is said that the external factors are sometimes controllable by the individuals. Then again this is just one of the opinions. It depends on an individual what he or she can control.

The internal factors that have been mentioned include basically the genetic problems and the chemical imbalance in the brain. One can in no way have a control over the genetic make-up of oneself. In the case of brain chemical imbalances, they can happen due to some other medical problem which can be the cause of depression and even more medical problems. Again one has no control over these problems. Mostly these types of depressions are treated with the help of medication but in some cases therapy is used as well.

There is a long list of external factors that are labeled as such because they are not within the individual, but affect him or her from the outside environment. One of the top external factors in the list is trauma. For instance it can be caused by the loss of a loved one. People who suffer from this are not able to see a future without the presence of that loved one. It is hard for everyone to accept the loss of a loved one. However, there are some people for whom dealing with this bitter reality is close to impossible.



Stress is another external cause of depression. It can be due to just one reason or the result of a combination of problems that an individual is suffering from at one point in time. Loss of job, problems in a relationship or any other financial or personal issue can result in stress which is going to lead to depression in the end if the stress levels just keep on building.

The causes that have been mentioned in this ebook are just some of the main causes of depression. There can be causes other than these as well.

### Depression and Insurance

There are several options to go for when it comes to dealing with depression. The most common of options would be the usage of anti-depressants. These are drugs that are formulated to control the mood of the people with the depression disorder. However, one would have to get prescription from the doctor before usage. Exercise real caution when you use these drugs. You should only take them following the guidance of a doctor that is a specialist in psychiatry.

There is absolutely no doubt that accident and sickness insurance is a real concern for a lot of people who go through depression at work. It is quite difficult to insure against these kinds of mental conditions as they are quite hard to treat. That is why the mental issues are quite

difficult to deal with when you cannot afford the most effective treatment. It is important that we take a look at some very crucial information you have to consider when it comes to accident and sickness insurance.

The insurance companies always see people with mental issues as high risk and would most likely refuse to issue insurance to them. However, this is changing gradually as equality begins to set in for the insurance packages. There is now no kind of discrimination for people with such conditions. If you are among those who want to purchase an accident or sickness insurance because of your depression, it would be good to remain honest with your insurance provider. This is because the policies could be rendered invalid if they discover you have not disclosed certain relevant information.

One very good thing you can do with regards to insurance policies for this condition would be to always ensure that you shop around. This is because of the fact that there are different accident and sickness insurance providers who offer varying formulas, covers and policies. Indeed everyone uses their own formula for the calculation of the insurance premiums. Therefore with a number of quotes you can then choose the best one for you. Just remember to consider the deductible that you have to pay out of your pocket when you make a claim.

Indeed the accident and sickness insurance would be something that almost everyone who faces depression is entitled to so it is important for all to apply for it. An issue with your mental health would be certainly no reason

for you not to get insured. You will feel better to know that there is insurance coverage for the condition you are facing.

### Coping with Depression after Divorce

There are many folks who get depressed just when considering the idea of divorce. It is not easy to deal with depression after you have gone through divorce. It would be as if you have failed in an endeavor and this could affect your self confidence. Your motivation is affected as well. There could be times when you feel very angry. You also feel that your life has deviated from your plans. This is quite normal as divorce is a massive shift in your life. It is normal to be full of varying emotions. It is therefore quite usual to experience some form of depression after this tremendous change.

There are several things that could be done to alleviate the depression after divorce. One of the very first things would be to get used to a new schedule. You would have to replace the activities you were previously performing as a married person with other fulfilling activities. Writing and reading are two very good therapeutic activities which could easily help you fight depression. You can choose to read a book that is humorous. After being able to laugh over your first book, you can then move to another one.

It is also possible to start a journal that lets you express

your feelings on a daily basis. There is the need to have some kind of outlet for all the negative feelings lying inside you. Writing all of this in the journal would offer you the chance to release the excess baggage you are carrying. Moreover it would give you a very good tool to monitor your progress.

The best way to deal with depression would be to go out and have fun. It is important that you are able to make plans every week with your family members and best friends. It may be helpful if a loved one is present in all of the counseling sessions, sports and other exciting trips that are a part of the fun. One can also choose to travel to a new area which offers them a new sense of beginning.

It is interesting to note that cleaning is not reserved only for women. This could be a very productive work that eliminates all the negative feeling you have after the divorce as a man. Taking some days off to reorganize your house and to throw out those things that bring bad memories could be the antidote.

### Coping with Depression

One of the many problems that people face these days has to do with depression. The most common type or form is that of major depression which is quite serious and will require some form of professional treatment. Most people with long lasting depression realise that it can influence their

sleeping patterns, eating habits and levels of concentration. It can stop them from coping with everyday life and the kind of problems they once dealt with easily. You need to seek help immediately if you have severe depression. Allow the specialist or doctor to examine you and determine the presence of any form of major depression by using a series of diagnostic tests. These would include blood tests, mental status examination and psychological assessment.

There are several things that can be done in order to stop feeling depressed and to cope with the condition. You can choose counseling or psychotherapy. This would involve some kind of interaction between the patient and a therapist. The therapist will employ the use of certain cognitive and behavioral techniques so that he can recommend the right solution.

Apart from this, you can also go for the antidepressants which are drugs produced to control any disorders in our mood. These are prescription drugs. You need a prescription from the doctor before usage. However you have to be very careful when using them as they could lead to some harmful side effects.

One crucial aspect of controlling or suppressing depression is the psychological part. In order to overcome depression, you need to learn a lot more about the hidden parts of your personality. There is the need to develop your personality so that you can overcome this condition as well as rebuild your level of self confidence. You have to believe that no matter what the circumstances are in your situation, you

can always rise to the occasion. The belief that you are a bundle of possibilities would surely spur you on to overcome this condition and achieve more in life.

One of the strange forms of treatment for depression is the electric shock treatment. This is normally the last resort when almost everything has failed. Indeed this is a process that would send shock waves which lead to seizures. It is quite strange to think about how this works but over time it has been utilized with some degree of success. However there has been a lot of controversy over its use in the past.

Depression would definitely limit your level of success and achievement in life. These solutions would help to chart your life on the right course to success.

### Avoiding Certain Fats to Overcome Depression

Depression can occur at any stage in a human's life. A cure completely depends on how well they plan to overcome it and get back to the state of normalcy. Though there are many reasons why a person really falls prey to a depressive state, changing food habits can help the person avoid the situation. The current article provides information on certain oils which tend to increase the depression levels in the body. Avoiding them completely or reducing their usage will be a great way to suppress the development of depression.

According to researchers, a high consumption of synthetic fats and saturated fats leads to a tremendous risk of worsening of the symptoms of depression. According to research statistics, people who consumed baked foods, fast foods and other junk foods were found to have a worsening of their depression by over 48% in comparison to those who had a healthy diet without all the trans-isomer fats and saturated fat. The presence of olive oil will be very helpful, as the oil has the ability to bring down the level of depression in the course of time. It may also prevent the condition.

In order to have a perfect chemical balance, the brain requires continuous supply of omega-3 fatty acids. This helps the person stay positive and suppresses completely the development of depressant chemicals. Depression at times can be dangerous and may even lead to death. Depending on the degree of depression a person is currently in, they may have suicidal thoughts and even make suicide attempts. As the brain has the capability to repair itself and bring back all the necessary things for a smooth and happy life, omega-3 fatty acids are essential. These can be found naturally in cod oil. It is rich in omega-3 fatty acids.

When a patient is suffering from a particular form of depression, diagnosis is also important. It will help determine the right diet chart that allows the patient to avoid unwanted oils. Hence, the basic step is to find the main reason behind the development of the depressive state. It is very important to use a complete chart of all the foods and their level of fat, omega-3 nutrients and other essential nutrients. Avoiding junk food, performing physical exercises and having a healthy lifestyle will play

a vital role in decrease of one's depressive state. Feeding the brain with omega-3 will enhance its functioning apart from improving the brain chemical balance and immune system of the patient.

### Amino Acid Therapy for Depression

Many people pass through the phase of depression at some point of their life. While many of them overcome it with mental stability and determination, a good number of people continue to be depressed. According the Ranch Creek Recovery center located in San Diego, CA, Amino Acid Therapy plays a vital role in the treatment of a depressant. The therapy can have the added advantage to both the patient and the doctor of a reduced recovery period.

A typical drug rehab offers a conventional approach to treatment which may have varied results. With the help of amino acid treatment, the patient will be able to enjoy neurotransmitter improvement. This is important since changes in the chemical balance of the brain are considered to be the main causes for depression. If the required balance is achieved, the patient will be able to enjoy speedier recovery in comparison to the recovery with standard medical procedures that are followed in different rehab centers. Apart from this, the diagnosis of depression also plays a key role in providing the right treatment. Care must be taken when approaching a doctor. It is always advised to make an appointment to see a well reputed doctor in the locality.



Neurotransmitter imbalance is also linked to different diseases such as Parkinson's, insomnia, anxiety, memory loss, weight gain and addictive disorders. Amino acids are known to release proteins into the body. As it is very important for proteins and amino acids to be present in a human system, the therapy plays a vital role in the treatment of the patient's depressive health condition. These nutrients can be obtained by having a proper diet, devised in line with the medical history of the patient. Apart from the food diet, the patient is also provided with amino acids medication to provide the body with the required levels which are needed to create a balanced state.

The main symptoms a depressed person exhibits are addiction to alcohol and drugs, insomnia and anxiety. Altering brain chemistry can be effective treatment. The medication is good enough to produce and properly aid the balance of neurotransmitters throughout the body. Apart from this, regular exercise also helps improve the overall health condition, as it improves physical fitness and also increases concentration levels. Exercising is considered as an important measure, which makes it easy for the person to come out of their depressive state and be normal and healthy again.

### Alternative Therapies for Depression

The question remains... what are the most promising alternative therapies for depression? Today, most people

are willing to make use of alternative therapies instead of unnatural chemicals when it comes to treating depression. These days, there are a lot of alternative treatments available to treat depression.

It has already been proven that the widely available natural alternative remedies can affect your nervous system. They can also have a soothing impact on your mind and body. As a matter of fact, the natural healing power can treat the fundamental causes triggering the problem rather than superficially approaching the symptoms. Many of the alternative approaches focus on the interconnection or interplay between the mind and body.

Actually, prescribed anti-depressants can have negative effects on the body organs and they can turn out to be highly addictive. Although in some instances medication is essential, it is wise for you to follow a few proven alternative approaches alongside the use of medication. There are many different all natural alternative medications and treatments out there.

The first one in the list is acupuncture. It's an ancient Chinese practice that involves insertion of needles of various lengths into the skin at specific points. Such points are straightly linked to the area of the body that requires treatment. You'll have to allow some time for acupuncture treatment before you can decide on its effectiveness.

Another alternative treatment option is massage. It's a

very beneficial as well as highly effective when it comes to treating depression. As a matter of fact, massage provides healing to your body and soul. There are different kinds of massages. You could try out a Shiatsu massage (which is a massaging technique applied at different body points of acupuncture) or a Sports massage (it involves massaging the body's injured parts). You could also try a Spinal massage (involves massaging of the muscles around the spine) or the Neuromuscular massage (involves massaging of the muscles as well as the nerves).

Have you ever considered trying the Bright Light Therapy? This one is among the most common forms of alternative therapies as well. People's day to day exposure to dazzling morning sunlight can help generate some "feel great" chemicals within the body. This light works by striking the retina. It activates a special part of your brain which is known as the "hypothalamus". As a matter of fact, this part can negatively impact the sleep cycle and the appetite of a person. It can also alter mood and overall sex drive. The blend of exercises involved in this therapy can provide you with great results. If you do not get direct sunlight, consider using a light box instead. SAD or seasonal affective disorder is actually a kind of depression occurring because of the absence of sun exposure in winter. Such a condition could be treated pretty easily with the use of Bright Light Therapy.

There are different types of herbal supplements out there that you can try. Actually, herbal supplements are great alternatives for you when it comes to avoiding the serious side effects of anti-depressants. While they are pretty helpful, they must be of good quality. Actually vitamins

are extremely helpful when it comes to reducing stress. They can be attained from fruits, vegetables and in the form of supplements from some decent food/vitamin stores. You can try consuming Vitamin B complex as it is highly effective when it comes to soothing your mind and soul. Then again, you can consider using magnesium, zinc or folic acid for successfully dealing with your stress related depression problems. Herbs might have negative influence on some types of medications. In all cases, you can utilize excellent quality supplements. But make sure that they meet the most essential pharmaceutical standards.

Remember that positive changes in your exercise, everyday diet and sleep can really make a big difference. These are the three things that are interconnected. They are essential when it comes to relaxing your body and soul. You need to have lots of exercise which can help you sleep much better. You can drink as much water as you want. You should have a totally balanced and highly nutritious diet. Try to include lots of fruits, greens and whole grains in your everyday diet.

### Alternative Methods to Help Cure Depression

Many people see depression as a lifelong struggle. It may be caused by a chemical imbalance in the person's brain. Other things such as a particular life-changing situation may be responsible for the condition. According to food and drug administration's website, there are 21 million individuals suffering from various symptoms of depression.

Due to this increase in the number of patients, pharmaceutical companies have started to advertise the use of antidepressant medications to treat the condition. But instead of reducing the overall depression symptoms, these medications have created side effects and further aggravated the overall problem for a person.

Many people tried to use a pill in order to overcome their chemical imbalance which is one of the main reasons for depression. An important fact to be noted here is that many individuals take medication without even understanding the real cause of depression. This particular problem is serious. Using the wrong treatment may make the situation worse rather than improving the state of depression. Under such conditions, it is always advisable to visit a reputed doctor in order to understand the right cause of depression. Lack of essential nutrients in the body may also worsen the state of depression.

The basic thing that one must do is to suppress the depression development activity that is currently going on in their body. This can be done through the use of psychotherapy sessions and physical fitness exercises will be very helpful for the person. These will help create a good chemical balance in the brain. A diet rich in all essential nutrients will also create positive effects reducing the depression symptoms in the person. It can be used as part of the overall treatment.

Taking medication for depression is not always advisable and hence people who are suffering from different depressive states are advised to reach out for help which

will create a balance in their life. It is very important for a person to achieve supreme balance in order to stay away from different diseases and also to avoid the occurrence of depression.

One can look forward to Tai Yi, which offers methodology for self empowerment to overcome a depressive state. During the complete treatment, it is essential for the person to move around in a group that creates positive talk and constantly encourages them to feel good and positive.

### What to Do When Someone You Love Suffers From Depression

When you love someone who suffers from depression or bipolar disorder you may find yourself frustrated, angry or losing your ability to tolerate their behavior towards yourself, your children or other friends and family. Sadly, while great strides have been made to treat these disorders, the family and friends coping with sufferers often feel hopeless or discouraged by their attempts to help.

If you are living with, or close to someone who is diagnosed or appears to be suffering from depression or bipolar you will find the following tips beneficial for helping both the individual and yourself from the terrible effects of depression.

#### IDENTIFY SYMPTOMS

If the person you love has not been diagnosed with depression it is important for you to analyze their behavior and act on it. If the person displays symptoms of depression they may not realize it on their own. Depression often causes a person to feel like a failure and they may blame their lack of interest, energy or ability to show affection as a personal weakness rather than a medical problem.

Individuals who have bipolar disorder frequently assume bouts of manic symptoms can simply mean they have high energy rather than a problem that needs attention. Using a questionnaire online or from a pamphlet can help you or your loved one identify symptoms of depression or bipolar disorder.

#### **SEEK TREATMENT**

If you feel that your loved one is displaying symptoms of depression, including an inability to show interest in activities that they usually enjoyed, sleeping more or less than usual, unexplained crying, withdrawing from interactions and talk of suicide, it is crucial that they seek medical intervention right away.

If the individual refuses to seek treatment you may need to enlist the help of others to speak to them, including anyone they might respond to - friends, teachers, counselors. You can even ask your own physician for help if nobody else can convince them. If they talk about suicide

call 911 or a suicide emergency help line immediately.

## BE SUPPORTIVE

Probably the most important action you can take, aside from getting the person medical treatment is to remain nonjudgmental and consistently supportive.

The symptoms of depression can vary in intensity but their affect on a relationship is always negative. A depressed person feels unworthy and weak. This self-depreciation furthers the depression. Losing the ability to work, communicate or enjoy life will erode relationships, lead to financial problems and affect intimacy.

It is important to remember this is not the true nature or feelings of the person suffering from depression. A depressed person may start arguments or tell you they don't love you. Do not believe them or take their comments to heart. Indulging their grievances will only further the depression.

If the person is being treated for their depression remind them that treatment will eventually work and remain positive. Remind them that this is a medical problem and that they are not to blame. Don't push them to do more than they are capable of and never suggest that they just "pull themselves together" since that will lead to more feelings of worthlessness. Regularly inviting the person to go for a walk, enjoy a movie or other outing, or simply listen to



them talk can help when the person feels able to do these activities.

### KEEP PERSPECTIVE

If you have been through several bouts of depression with the one you love, remember the episode will eventually end. If you are having trouble keeping perspective you might seek out a support group for friends and family of those suffering from depression to help you feel connected to others dealing with similar situations.

Find a confidant who will listen without judgment. Especially when dealing with a depressed spouse you may feel unloved or hopeless. Having a friend or therapist who you can share your feelings with will help you remember that it is not the person or yourself causing this turmoil, it is a medical problem that must be viewed as temporary and treatable.

### 7 Ways to Overcome Winter Depression

In North America, it is estimated that 50 to 60 percent of the population is affected by winter depression. There is a broad spectrum of symptoms that arise, from a change in sleep patterns and weight gain, to overwhelming suicidal thoughts and the unfortunate results. Think of it this way - fully half of the people you know are somewhat depressed

in the wintertime!

Wintertime depression is very common in those parts somewhat north (or south) of the equator. People who live near the equator have a very low incidence of winter depression. Why? Simple. They live where there are enough daylight hours to avoid triggering the hormone imbalance that causes depression. Now, please note that I did not say that people near the equator spend more time sunbathing than northerners. It doesn't matter that they have a better tan. Rather, it is the length of the day that matters.

Again, it is the length of the day, not the weather! This fact about winter depression is what gave rise to the name Seasonal Affective Disorder. People who live in northern climes suffer because of the seasonally shortened days. Just as trees lose their leaves when the days shorten, people lose their happiness. People who live where the days shorten seasonally are victims of the brain's chemical reaction to lesser hours of daylight.

So, understanding that it is not your fault, what can you do?

First, start right now on a plan to extend the hours of daylight in your day by using light therapy. Light therapy is the most effective depression treatment known. All you need is a small bank of lights and the time to sit near them for a couple of hours each day.

The lights are the easy part. Get the cheapest fixture you can find that will hold four foot long fluorescent bulbs. Mine has four bulbs. Buy the best 'grow' lights. The kind that is best for plants. They are the closest match to the spectrum of sunlight. Do not use standard fluorescent bulbs. They are too green and will actually drain the energy out of you.

Research has shown that the best time to treat your winter depression with light therapy is early in the morning. It is best to make it your first task of the day. As well, this will give you some quiet time alone to read some uplifting material. It never hurts to get some positive input!

Reduce your stress by sticking to a daily routine. Get to bed on time so you can do your light therapy in the morning. Try to avoid annoying people. Get to work early and plan your day. Make a list of things to do and check them off as you accomplish them. Save the challenging projects for when you are not fighting your winter depression.

Next, decide that the weather will not affect your mood. You can't change the weather, so why be upset by it? If the weather is bad, allow a little extra time to get to work. It's simple, isn't it? Accept it and move on.

Then, improve your health. Eat a little less. Eat healthier foods. Exercise a little. Go for a walk. Did you know that it is nearly impossible to think bad thoughts while walking briskly? Drink water! The vitamin that people lack the most is plain old water.

Last, don't give up on yourself. If you feel bad, yell for help! Talk to someone. Those closest to you need to know how you are feeling. Tell them. If you can't talk to your family or a friend, go see your doctor. Go to a walk in clinic and see a nurse, a psychologist - somebody! And please, except if you are completely overwhelmed, do not take antidepressant medication. Yes, they will help if you are suicidal, but the long term side effects of these mind altering substances are extreme and not good for your overall health.

In summary, here are the seven things you can do now to overcome your winter depression:

- 1) Make or buy a light box. Use it in the morning. One to two hours every day.
- 2) Reduce your stress by having a daily routine.
- 3) Get enough sleep. Go to bed early so you can get up early and sunbathe in front of your lights.
- 4) Decide that the weather will not affect your mood.
- 5) Eat healthy. Get some exercise. Drink lots of water.

6) Talk about how you feel. Remember, 50% of people feel like you do, to one extent or another.

7) No matter how bad it gets, hang on! It will get better.

### Bipolar Disorder

Bipolar disorder is a serious mental illness also known as manic-depressive illness. It is characterized by extreme moods swings in the sufferer, far more extreme than the ups and downs in mood experienced by the general population.

Moods can range from severe depression all the way up to feelings of extreme elation, called mania. Between these extreme moods patients may experience a whole spectrum of moods ranging from depression, mild depression (also called dysthymia), periods of normal mood, a mild form of mania called hypomania and full-blown mania.

During episodes of mania the patient may experience extreme highs with increased energy. Other symptoms of this phase may include:

-Hyperactivity - Jumping from one activity or idea to another.

-Recklessness or aggression.

- Increased libido.
- Impaired judgment.
- Restlessness, irritability and difficulty concentrating.
- Ability to manage with little or no sleep.
- Substance abuse.
- Exaggerated expectations of one's abilities.

Periods of depression are characterized by symptoms such as:

- Extreme sadness, feelings of hopelessness and helplessness.
- Deriving little or no pleasure from activities.
- Sleeping excessively or inability to sleep.
- Diminished sexual desire.
- Unexplained changes in appetite and behavior.
- Suicidal thoughts.
- Low energy levels.
- Irritability.
- Poor concentration and memory.
- Aches and pains, which have no physical explanation.

Extreme episodes of mania or depression may be accompanied by psychotic symptoms such as hallucinations and delusions.

During manic episodes delusions of grandeur may be experienced while in the depressive phase patients may hold deluded beliefs that some horrible catastrophe has befallen them.

Unfortunately, there is no physiological test such as a blood test to diagnose bipolar disorder. However, recent studies in brain imaging have shown that the brains of manic-depressives may have physical differences. Given the many and varied symptoms, diagnosis of bipolar disorder is not always easy and is often confused with other mental illnesses such as schizophrenia, depression or attention deficit hyperactivity disorder.

Substance abuse, anxiety disorders and obsessive-compulsive disorders as well as thyroid problems also commonly occur in individuals who suffer from bipolar disorder.

In Type 1 Bipolar disorder patients experience episodes of both depression as well as mania at different times. In Type 2, depression may occur alternating with mild mania (hypomania) but never progresses beyond hypomania. Where depression and mania alternate rapidly it is called rapid-cycle bipolar disorder and such patients may experience many cycles within a week or even a day. Where elements of mania and depression co-exist it's called a mixed bipolar state. Type 1 is the classic form of bipolar disorder.

The exact cause of bipolar disorder is not known. However,

the consensus of current research is that it has many rather than a single cause. Scientists believe it is partly genetic but is the result not of a single gene but the interaction of several genes. Studies of identical twins have shown that where one twin has the disorder the other identical twin has a significantly increased likelihood of developing the disorder, but it does not happen in a hundred percent of cases. This confirms that genes do play a part but other factors are at play too.

Treatment for bipolar disorder includes medication as well as psychosocial strategies such as behavioral and cognitive therapy.

Medications commonly used are mood stabilizers such as Lithium, anti-psychotics and anti-convulsives. An anti-depressant may be used to treat the depressive stage. However, it would not usually be used on its own without a mood stabilizer due to the risk of triggering a manic episode. Electro-convulsive Therapy too may be used where drug therapies are inappropriate such as in the case of pregnancy.

Psycho-social treatments aim to change negative thought patterns associated with the extreme mood swings. They also provide education on identifying depression and manic episodes. These strategies may be aimed at patients as well as their families.

Bipolar disorder is a long-term illness and lifelong support and medication may be required to control it. Many



sufferers can lead healthy and fruitful lives as long as an appropriate treatment regime is followed. Those who do best are patients who are diagnosed early, receive suitable treatment and have the support of family or community.

### Rhodiola Rosea - Fighting Stress and Anxiety

Rhodiola Rosea is the latest natural remedy to join the arsenal of natural anxiety and stress reducers.

Rhodiola Rosea, also known as Golden Root, is a native plant of arctic Siberia. For centuries it has been used by eastern European and Asian cultures for physical endurance, work productivity, longevity, resistance to high altitude sickness, and to treat fatigue, depression, anemia, impotence, gastrointestinal ailments, infections, and nervous system disorders.

The first recorded medicinal applications of rodia riza (renamed Rhodiola Rosea) was made by the Greek physician, Dioscorides, in 77 C.E. in 'De Materia Medica'. Rhodiola Rosea has been included in official Russian medicine since 1969.

Despite its long history, the Western world has only recently become aware of the health benefits of Rhodiola Rosea. It has come to the attention of many natural health practitioners because of studies which tested its affects

on combating anxiety and stress.

Rhodiola Rosea is considered an adaptogen. This means it has an overall stabilizing effect on the body without disrupting other functions. Its ability to normalize hormones may be effective for treating depression and anxiety.

Studies of Rhodiola Rosea show that it stimulates neurotransmitters and enhances their effects on the brain. This includes the ability for the brain to process serotonin which helps the body to adapt to stress.

Since adaptogens improve the body's overall ability to handle stress, it has been studied to identify its effects on biological, chemical and physical stress.

A study was performed to test the effects of Rhodiola Rosea when stress is caused by intense mental work (such as final exams). Such tests concluded that using Rhodiola Rosea improved the amount and quality of work, increasing mental clarity and reducing the effects of fatigue.

The effects of Rhodiola Rosea have also been tested on stress and anxiety from both physical and emotional sources. A report by the American Botanical Council states that "Most users find that it improves their mood, energy level, and mental clarity." They also report on a study that indicated Rhodiola Rosea could increase stress tolerance while at the same time protecting the brain and heart from

the physical affects of stress.

This report included details of studies which highlight the overall health benefits of Rhodiola Rosea.

The generally recommended dose is 200-600mg/day. The active properties should be a minimum 0.8 percent salidroside and 3 percent rosavin.

It is important for consumers to know that Rhodiola may be sold using other species that do not share the properties of Rhodiola Rosea, or at ineffective strengths for treatment. Anyone with depression or anxiety should also check with a health professional when treating these symptoms.

### Just Say "No" to Depression

Depression is believed by the medical profession to be the most prevalent disease of our time. The fear of developing heart problems or cancer alone is enough to cause tremendous stress and accompanying depression. There is a tremendous malaise circulating our world today. Both the medical profession and the media are constantly "warning" us of the dangers and probabilities of different diseases, some of which seem more than likely to shorten our life span. For instance, if there is cancer in your family, you're most likely going to get it! And of course, if cancer is not

threat enough there is always the West Nile virus, Bird flu, AIDs and a host of other diseases to frighten us...

One thing is for sure, we will never hear the end of calamities that are likely to beset us, whether from disease or some other form of challenge we may face. It seems inevitable that there will always be "something" that will get our blood pressure soaring.

So, what is the answer to this problem? How can we carry-on with our lives without being constantly afraid of what lies around the next corner? Here are several suggestions about how to effectively deal with life's challenging situations:

#### 1) Seek interpersonal support

People need other people, and there are many good and practical ways to relieve stress and anxiety. Exercise, good nutrition and positive thinking are great antidotes. These not only help relieve the angst; they actually give us a sense of empowerment over our lives.

#### 2) Seek spiritual guidance about spoken words

The Bible tells us that the power of life and death are in the tongue. Words can both bless and curse (James 3). Negative words can evoke fear, anxiety and actually produce negative effects in a person's life.

Whenever a word is heard - any word - the mind paints a picture of it. For instance, when someone says "black cow" immediately you will see that cow in your mind's eye. Although words are not tangible, they have the power to bring about emotional and physical change! Remember - The Bible teaches that the earth was created by the Word of God! Now that's real word power!

We all have a choice when it comes to listening and what we hear. We can choose to empower ourselves by listening to positive words and encouraging thoughts or we can do otherwise. Think about the last time you listening to some of your favorite music...Did your feet start tapping? Did you start to hum the melody? Didn't your mood lighten-up a bit as a result of hearing the melody and the words? Negative words almost always produce negative results, whether seen or unseen. On the other hand, positive words instill a sense of well-being. A mere smile and a quick, happy-sounding, "Have a great day!" can instantly produce good feelings and joy.

3) Develop a "thankful" attitude.

Thankfulness is one of the greatest virtues. A wise man once said that if we divided a page in two and wrote all our setbacks on one side and all our blessings on the other, we would find that the blessings far outweigh the negatives. The Bible teaches us to give thanks with a grateful heart for all things. Don't look back on past hurts, nor fret about tomorrow. Live "today" to the fullest...choose joy and

thankfulness .

In conclusion, remember that our thoughts respond to what we feed the mind through our senses. Therefore, it naturally follows that happiness is a choice. This may be a foreign concept to many of us at first, but when applied, the results can be truly amazing! Break the habit of feeling trapped in a world of negative thoughts and decide to switch-on the power of positive thoughts, today.

### Resources

The Depression Eliminating System with 98.2% Success Rate:  
(recommended)

Go to: <http://tinyurl.com/ljzphgx>

Thank You

Terry Clark

