

UNDERSTANDING DEPRESSION

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Major depression is a serious mental health disorder and requires medical attention.

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What Is Depression

“AT TIMES, I FEEL OVERWHELMED AND MY DEPRESSION LEADS ME INTO DARKNESS” - DOROTHY HAMILL

Depression is an extremely common and potentially serious mental health condition that has a negative impact on how you act, the way you think, and how you feel.

Major depressive disorder or clinical depression is not just the occasional low mood or feeling down, and the main difference is a matter of severity.

Everyone experiences a low mood or sadness on occasion, but when general low mood or sadness is accompanied by certain other symptoms and persists for more than 2 weeks a diagnosis of depression may be appropriate. Fortunately, depression is a very treatable mental health condition.

Depression results in a loss of interest in activities of daily living, depressed and down mood, affects one’s ability to function at home and work, and causes a variety of physical and emotional problems.



Over 20% of US adults will experience some form of depression within a 12-month period of time.

- According to a research study done at Harvard, the number of patients diagnosed with some type of depression increases by about 20% each year. Individuals suffering from depression take over more health services than those individuals without symptoms of depression.
- Depression is increasingly becoming a concern for insurance companies and healthcare companies, especially as the rates of diagnosed depression are still on the rise.

About 50% of all adults with depression will not seek help for their depression nor will they talk to a doctor. This rate is even higher for children and youth.

This is a mistake, as untreated depression leads to serious complications, one of the worst being suicide.

Signs And Symptoms Of Depression

A diagnosis of depression is made by a doctor or a licensed mental health practitioner following diagnostic criteria set forth by the Diagnostic and Statistical Manual of Mental Disorders (DSM5).

Depression is much different from occasional sadness, low mood, or loss of interest, in fact, for a diagnosis of depression, symptoms must cause clinically significant impairment in work, social, and other areas of life.

- Not everyone will experience every symptom, some may have a few, while others will have many
- The signs and symptoms of depression can be severe or mild
- The symptoms can vary based on the stage of depression
- The symptoms are not attributable to substance abuse or some other medical condition



Symptoms

For a diagnosis of major depressive disorder, *five or more* symptoms must have occurred during the same two weeks *and* either a depressed mood *or a* loss of interest must be present.

- ✓ Persistent depressed mood that lasts at least most of the day and nearly every day
- ✓ Marked decrease in interest or pleasure in all, or almost all regular activities for most of the day and nearly every day
 - Loss of interest in social events, or going to work
 - Loss of interest in sex
 - Inability to feel joy or pleasure

- Not wanting to get out of bed and do anything

- ✓ **Feelings of hopelessness and helplessness**
 - General bleak or negative outlook
 - The belief that nothing will ever get better or that nothing is good in your life

- ✓ **Anger and irritability**
 - Agitation
 - Violent outbursts
 - Unexplained rage
 - Low tolerance level
 - Short temper
 - Everything and everyone getting on your nerves

- ✓ **Self-loathing**
 - Feelings of guilt
 - Feelings of worthlessness
 - Harsh self-criticism

- ✓ **Decrease in energy levels**
 - Extreme fatigue
 - Feeling physically drained
 - Sluggishness
 - The body feels heavy

- Difficulty completing even small tasks
- ✓ **Thoughts of suicide or death**
- ✓ **Cognitive Issues**
 - Having difficulty making decisions
 - Problems with concentration, thinking or focusing on a task
 - Problems with memory
- ✓ **Having slowness of movement**
- ✓ **Talking slowly**
- ✓ **Unexplained aches and pains not helped by common treatments that have no known or evident cause**
 - Body aches
 - Headaches
 - Digestive issues
 - Cramps
- ✓ **Restlessness and restless behavior**
 - Fidgeting
 - Pacing
 - Inability to sit still
- ✓ **Insomnia or sleeping too much almost every day**

✓ **Changes in appetite nearly every day or weight gain or loss not related to dieting**

- Significant weight loss or gain of 5% of body weight in one month

✓ **Reckless behavior**

- Substance abuse or excessive drinking
- Reckless driving
- Compulsive gambling

Diagnosing Depression

“A LOT OF PEOPLE DON'T REALIZE THAT DEPRESSION IS AN ILLNESS. I DON'T WISH IT ON ANYONE, BUT IF THEY WOULD KNOW HOW IT FEELS, I SWEAR THEY WOULD THINK TWICE BEFORE THEY JUST SHRUG IT.” - JONATHAN DAVIS

The Diagnostic and Statistical Manual of Mental Disorders (DSM5) places Major Depressive Disorder under the category of Mood Disorders.

We've all become used to doctors using extensive laboratory testing to help them make a diagnosis. Lab tests alone, however, are not helpful in diagnosing depression.

Talking to patients and using various psychological screening tests in addition to certain lab tests are the best ways to diagnose this disease. Then targeted additional testing, like the organic acid test (a urine test), a hair mineral and toxicity test and others can lead to discovering the root cause and targeted therapies.



[Ask me for questions about these tests.](#)

Clinical Screening Tools For Depression

There are several instruments designed for depression screening.

- PHQ-9 - The Patient Health Questionnaire is a brief self-report tool that allows patients to complete it quickly and the clinician to score the results quickly as well. It rates the frequency of symptoms and their severity, along with any presence of suicidal ideation. It is used to not only diagnose and measure severity of depressive symptoms, but is also useful in monitoring patient progress during treatment.
- MADRS
- Beck Depression Inventory
- HAMD
- Geriatric Depression Scale

While the US Preventative Services Task Force (USPSTF) has found little evidence that one screening tool is better, the most efficient tool in a clinical setting should be used at the discretion of the doctor or therapist administering the test.

If the results are positive on a screening test, the patient should have a diagnostic interview using criteria from the Diagnostic and Statistical Manual of Mental Disorders or DSM.

Screening For Suicide

The USPSTF found lack of evidence to recommend screening for suicide risk in regular people, compared to screening only people with depression.

But it is important to take anyone talking about a death with or talking about suicide seriously and help him or her to get help as soon as possible.

Screening Adolescents

For adolescents, the USPSTF recommends screening between the ages of 12 and 18 years in practices that have referral systems in place to make sure the diagnosis is accurate.

Different Types Of Depression

“BIPOLAR DISORDER, MANIC DEPRESSION, DEPRESSION, BLACK DOG, WHATEVER YOU WANT TO CALL IT IS INHERENT IN OUR SOCIETY. IT'S A PRODUCT OF STRESS AND IN MY CASE OVER-WORK.” - ADAM ANT

Major Depressive Disorder

Major Depressive Disorder is the most common form of depression in the United States and around the world, the Centers for Disease Control report:

- The #1 cause of disability in America for those between the ages of 15 to 45.
- More than 15 million American adults, which equates to approximately 6.7% of all US adults have major depression in any given year
- The median age of onset is 32.5
- Major depressive disorder affects women more than men



Major depressive disorder usually means depressive feelings along with other key symptoms exist most days of the week within the same two-week period, some of these include:

- Persistent depressed mood that lasts at least most of the day and nearly every day
- Loss of interest in activities you used to enjoy
- Weight loss or gain
- Insomnia
- Agitation and restlessness

- Fatigue or lethargy
- Feeling worthless, guilty or ashamed
- Problems with concentration
- Inability to make decision
- Suicidal ideation

Persistent Depressive Disorder

Persistent Depressive Disorder or PDD is a very common condition that afflicts more than 3 million adults in the United States each year, or 1.5% of the US population, and its median age of onset is 31.1.

PDD is where there is a pervasive low-level of depression that exists for two or more years. It is marked by a *low mood, along with at least 2 other symptoms:*

- Loss of interest in activities once enjoyed, and even normal day-to-day activities
- Low self-esteem
- Poor appetite
- Lack of energy
- Insomnia
- Loss of focus and concentration

PDD Versus Major Depressive Disorder

Simply put, the main difference between PDD and Major Depressive Disorder is severity.

PDD is a pervasive "low level" type of depression that is chronic, meaning it lasts a long time, sometimes for years, conversely, major depression is a more discrete episode of a much more severe form of depression. Once, major depression is treated and goes into remission, the person suffering from it returns to normal.

There is also, what is called "recurrent major depression," which is where there is more than one discrete period of major depression that comes and goes through a person's life. In reality, this is not much different from PDD, and so the terms Major Depression and PDD are more descriptive in nature, as opposed to implying that these are different diseases.

Medications, and treatment tend to be the same for both of these types of depression, and diagnosing one versus the other provides clinicians with a better predictive value, such as relapse rates and the way each condition presents.

Atypical Depression

In spite of the name, many people have atypical depression. It may be one of the more common kinds of depression. Some physicians feel that it is not diagnosed enough.

Atypical depression is often a "specifier" for either major depressive disorder or PDD, and often begins in the teenage years. In atypical depression, the sufferer's mood will improve if good things happen or events that are uplifting to the emotions occur.

Atypical depression is a subtype of major depression or PDD where there are several specific symptoms, some of these include:

- Weight gain or an increase in appetite
- Sleep problems
- Loss of energy, fatigue or weakness

- Mood being overly influenced by the environment
- Extreme sensitivity to rejection

In a study out of the *Archives of General Psychiatry* now known as *JAMA Psychiatry*, it was discovered that overeating and gaining weight, are the most common symptoms of atypical depression.

If you have this condition, you may also become irritable and have relationship difficulties. Some research shows that psychotherapy works just as well as medications to treat this kind of depression.

Postpartum Depression

Approximately 85% percent of women experience sadness after giving birth. 16% of mothers will experience a much more severe version of sadness known as postpartum depression.

Postpartum depression may cause feelings of disconnectedness from the infant, thoughts of hurting the infant, suicidal thoughts, hopelessness, loneliness, fatigue, and feelings of extreme sadness.

It is usually treated with medication and psychotherapy.



Seasonal Affective Disorder

If you like to stay inside during the colder seasons rather than dealing with those dreary, cold days, or your depression coincides with the summer months, you could be one of the 4% to 6% of individuals in the US who have SAD.

Seasonal affective disorder is a condition that always occurs at the same time of year. Typically, it begins in the fall, and may last through the winter, though for some SAD occurs in the summer months.

Symptoms:

- Depression or low mood
- Loneliness
- Hopeless, fatigue and lethargy
- Social withdrawal

Treatment for SAD includes psychotherapy, light therapy, and antidepressant medication.

Psychotic Depression

Psychotic depression presents all the symptoms of major depression along with "psychotic" features, including:

- Visual and auditory hallucinations
- Delusions
- Paranoia

According to the National Alliance on Mental Illness, around 20% of individuals with depression have episodes so intense that they have problems seeing things or hearing things that aren't actually there.

Individuals with psychotic depression sometimes never leave their bed, do not speak, or become catatonic. The therapy involves a combination of antipsychotic and antidepressant medications.

Bipolar Depression

If you have periods of extreme highs followed by periods of extreme lows, you may have bipolar disorder. This is a condition formerly known as manic-depressive disorder.

Bipolar disorder is known for mood swings that shift from very low moods to very high moods. The shifts can come on gradually or can be sudden in onset. During the manic state, a person may have impulsive actions that cause them to be in trouble a lot, feelings that they are all-knowing and powerful, lots of rapid talking, high levels of optimism and enthusiasm, poor judgement, and high energy.

This mental illness affects up to 2% to 3% percent of the population. It has one of the highest risks of suicide among all other types of depression.

Common symptoms of mania include:

- Poor judgement
- Racing thoughts
- Excitement
- High energy

The signs and symptoms may be cyclical in nature, involving alternating times of mania and depression, but how this condition presents differs among individuals.

Premenstrual Dysphoric Disorder

Premenstrual dysphoric disorder (PMDD) is a much more severe version of PMS that's symptoms present throughout the menstrual cycle. PMDD causes severe and extreme mood shifts that can be very disruptive to quality of life, work, and even personal relationships.

The symptoms of PMDD include:

- Extreme sadness
- Severe anger
- Hopelessness
- Typical symptoms of PMS, such as bloating or cramps.

Treatment options for PMDD include medication and lifestyle changes.

Situational Depression

This is also called adjustment disorder. This type of depression is triggered by a life-changing event, such as grief and loss that occurs as a result of a death of a loved one.

Situational depression occurs as a result of a major life event or by a specific situation, such as the death of a loved one, a decline in employment, or a divorce.

Just feeling unhappy is not the same as having situational depression. On the other hand, it should be noted that the grieving process is an essential part of recovering from a significant life event. Those who find the grieving process hard to deal with for more than a couple of weeks may be experiencing depression.

Common symptoms of situational depression include excessive sadness along with the other signs of major depressive disorder.

Situational depression is about three times more common than major depression and you rarely need any medications in situational depression. This doesn't however mean it should be ignored. Anyone suffering from loss and grief needs help and support, and a licensed therapist can help assist through the grieving process.

Risk Factors For Depression

“DEPRESSION CAN SEEM WORSE THAN TERMINAL CANCER, BECAUSE MOST CANCER PATIENTS FEEL LOVED AND THEY HAVE HOPE AND SELF-ESTEEM. “

DAVID D. BURNS

According to the World Health Organization, research has shown that there are three main factors that protect or reduce the risk of developing depression.

- The ability to exercise control in your response to stressful or severe life events
- Having access to resources that facilitate the making of choices in the face of severe events
- Consistent support such as that from friends, family, or even health care professionals has been shown to be highly protective.



A risk factor is something that increases your chances of getting a condition or disease.

It is certainly possible to have depression without any risk factors but the more risk factors you have, the greater is your chance of developing a depression condition.

If you have many risk factors, you need to ask your doctor or healthcare practitioner what you can do to decrease your risk of getting depressed.

Your risk of developing depression can be related to a variety of psychological, physical, genetic, and environmental factors. They include:

- **A family history of mental illness**—if you have people in your family that have suffered from mental illness
- **Biochemical**—some people have identifiable changes in their brains when they are depressed. Even though this potential cause isn't known, it does indicate that depression begins with changes in brain chemistry. Neurotransmitters within the brain, especially norepinephrine, serotonin, or dopamine, affect pleasure and feelings of happiness. These may be out of balance in those with depression. Why these neurotransmitters are out of balance and what role they play in depression isn't clear. Antidepressants act to balance these neurotransmitters, especially serotonin.
- **The existence of physical conditions**—researchers have found that changes within the physical body can incur emotional changes. Physical diseases including hormonal disorders, cancer, heart disease, Parkinson's disease, and stroke increase your risk for depression. Chronic pain is also linked to depression.
- **Stress and major life changes**—major life changes and events can cause a major depressive episode. Certain stressful events may include financial problems, trauma, a difficult relationship, or grief and loss.
- **Divorce.** Those who have gone through a divorce have a greater risk of depression. Men seem to be more likely to be depressed after a divorce when compared to women.
- **Having little or no social support**—having no supportive friendships or familial connections can increase risk of depression in both women and men. The rate of depression has been found to be greater in women who must stay at home with their young children and are also isolated from the world in general. Divorce increases risk, and more so for men than women. In most cases, a lack of supportive social networks has been found to be related to depression.
- **Psychological factors**—there are certain psychological factors that put a person at risk for depression. Those with low self-esteem, and who constantly view the world with pessimism are more prone to depression. Other psychological factors, such a sensitivity

to loss, rejection, and perfectionism, may increase an individual's risk for getting depressed. Depression is also seen more in those with borderline personality disorder, avoidant personality disorder, and chronic anxiety.

- **Low socioeconomic status**—one risk factor for depression is being in a low socioeconomic status. This may be due to factors such as greater daily stress, social isolation, stressful environments, financial difficulties, cultural factors, and low social status.
- **Female gender**—depression is about two times as common among women when compared to men. It may be related to hormonal factors, such as premenstrual changes, pre-menopause, the postpartum period, miscarriage, and pregnancy. Women often deal with other stressors, such as single parenting, responsibilities at home and work and having to deal with aging parents as well. Sexual abuse is another major reason why women are at an increased risk with 1 in 4 girls suffering childhood sexual abuse in the United States.
- **Age**—the elderly individual is at an especially high risk for getting depressed. Often this stems from certain medical conditions, social isolation and the fact that many seniors do not reach out for help until it's too late. They are also often undertreated for depression.
- **Insomnia and sleep disorders**—chronic sleep disorders are heavily linked to depression and require medical attention.
- **Medications**—medications can be linked to depression, including seizure drugs, cortisone, sleeping pills, sedatives, and painkillers.
- **Childhood abuse.** Those who were neglected or abused as kids have a major risk for getting depression. Such bad experiences can also result in other mental disorders as well.
- **Substance abuse.** In many situations, depression and substance abuse go together. Alcohol and drugs can lead to many changes in the brain that increase the chances of becoming depressed. It could also be that those with depression try to medicate themselves with alcohol and drugs. For those who have depression as a result of substance abuse, often find relief when they go into recovery. Those who have

depression as the first occurrence, referred to as a dual-diagnosis, and then self-medicate need to address the depression with a mental health professional.

- **Lifestyle.** Although there are a variety of causes of depression, such as genetics, many years of research on mental health conditions have shown a correlation between increased depression and lifestyle factors.
- **Involuntary employment** – the risk can increase with prolonged periods of being unable to find a job.

Differences Among Populations



“EVERY EXPERIENCE FEEDS AN ACTOR, AND I'VE LEARNED THAT DEPRESSION IS ALL AROUND US. ” - BRYAN CRANSTON

Depression is a medical condition that affects 1 out of every 10 US adults at some time in their lives, though it presents differently across populations and cultural groups as there are certain ethnicities that have higher rates of depression.

Depression can vary in extremeness by demographic indicators, which means that depression is quickly becoming a significant health concern throughout the world. You can be aware of your risks by understanding the statistics related to depression.



While a 10% incidence of depression seems extremely high, it is essential to note that this figure relates to all kinds of depression.

Diagnosis Of Depression Rates By State

- The rates of untreated, treated, and diagnosed depression vary from state to state. According to the Centers for Disease Control and Prevention, depression is more commonly seen in the southern states. The highest rates of depression occur in Delaware, West Virginia, Mississippi, Louisiana, Tennessee, Arkansas, and Oklahoma. Puerto Rico also has a high rate of depression.

- North Dakota had the lowest risks of depression at 4.8%, while people in Mississippi have the highest rates of depression at 14.8%, according to the Behavioral Risk Factor Surveillance System data.
- Medical insurance and lack of education may affect the rates of diagnosis of depression in the various states.

People who didn't graduate from high school are more likely to suffer from depression when compared to those who have a more advanced degree.

According to the National Institute of Mental Health, depression numbers rise with the following co-existing conditions:

- More than 40% - people with post-traumatic stress disorder
- 25% - people with cancer
- 27% - people with drug abuse or addiction
- 50% - people with Parkinson's disease
- 50 to 75% - people with an eating disorder
- 33% - people who have had a heart attack

Depression rates can vary by ethnicity, age, and gender.

- According to the National Institute Of Mental Health, women are 70% more likely than men to have depression. According to Mental Health America, about 12 million women in the US will have experience clinical depression each year. About 10% of women will have depressive symptoms in the weeks after delivering their child
- Ethnic minorities are at also at a greater risk of depression when compared to whites.
- Adults aged 45-64 are more likely to have depression than any other age group
- The Behavioral Risk Factor Surveillance System found that the rate of diagnosed depression increases with age from about 4% for adults 18-24, with a peak of almost 5% in adults who are 45-60 years of age

- About 4% of teenagers will have symptoms of severe depression each year in the US. Suicide is the 3rd leading cause of death in young adults and children aged ten to twenty-four
- For every 33 children in school, at least 1 child will have clinical depression.
- Hispanics, non-Hispanics, and non-Hispanic blacks have rates of depression of about 4% and were more likely to tell someone about their symptoms
- African American and Hispanic populations have less access to proper treatment for depression such as anti-depressant medications
- African American men are the least likely to get help for their depression. More than 90% aren't seeking care for their disease

Depression Around The World

- The World Health Organization advises that depression is the 4th leading cause of disability in the world, and expects it to become the 2nd leading cause of disability by the year 2020.
- Although many countries have only a small amount of data available to calculate the incidence of depression, there are several organizations and international studies have started conducting research on the worldwide implications of depression. About 121 million people throughout the world are suffering from depression. Of those, less than 25% have access to treatment for depression.
- In the UK, about 25% of individuals will have some form of mental health issue each year. Depression and anxiety are the most commonly diagnosed mental disorders.
- Countries where people make a lot of money have the highest incidence of depression than in countries that are poor.
- Countries with the most depression cases are the US, the Netherlands, India, and France.

Depression In Women



“MY RECOVERY FROM MANIC DEPRESSION HAS BEEN AN EVOLUTION, NOT A SUDDEN MIRACLE. “ - PATTY DUKE

According to the National Institute Of Mental Health, women are 70% more likely than men to have depression, this means that they are two times more likely than men to suffer from major depressive disorder.

Women are also three times more likely to have anxiety disorders or to attempt suicide.

According to Mental Health America, about 12 million women in the US will have experience clinical depression each year.



While the statistics may be bit a skewed because women are more likely to report and talk about their symptoms and to seek treatment and therefore be diagnosed than men are, there are valid reasons to as why women are more susceptible.

- Pregnancy, the postpartum state, the menstrual cycle, and perimenopause can incur dramatic hormonal and/or physical changes and so depression can occur at different points in a woman’s life, which is one major explanation. Women experience much more fluctuation in hormone levels than men do.
- Up to 15% of women suffer from postpartum depression, a condition unique to the female body.
- Depression is very common during the menopause, another condition unique to women.

- Women suffer in higher numbers from hypothyroidism, a condition that is associated with depression.
- Studies of fraternal and identical twins have shown women to have a stronger genetic predisposition for depression than men.
- The modern age has found many women juggling work and home responsibilities, something that was not common even as recently as the 1950s. A large European study that spanned more than 30 countries with a total population count of more than 510 million people found that women of middle age had double the depression rates seen 40 years before precisely because of such stressors. Female subjects ages 25 to 40 were three to four times more likely to suffer from depression than men were.
- Another reason for the higher counts of depression in women is that women live longer than men do and with age, there are occurrences of grief and loss, poor health and social isolation and loneliness, all of which can predispose people to depression.
- According to the American Institute Of Stress, career oriented single working women have a particularly higher risk for depression, and anxiety, as well as heart disease, and breast and ovarian cancer.

Premenstrual dysphoric disorder (PMDD)

This is similar to PMS or premenstrual syndrome but is generally worse. Most women have irritability and moodiness in the two weeks prior to getting their period. Women with PMDD, however, have much more serious symptoms, including joint or muscle pain, suicidal ideation, sadness, depressed mood, severe anger, and irritability.

Perinatal Depression

It isn't easy being pregnant. Many pregnant women have mood swings, weight gain, and morning sickness. It can be hard caring for a new baby. Many new mothers have the baby blues, which is a term used to describe feelings of fatigue, mood swings, unhappiness, and worry.

Postpartum Depression

This is a type of depression that occurs after giving birth. Postpartum depression is much more serious than the baby blues. The feelings of extreme exhaustion, anxiety, and sadness that accompany this type of depression may make it hard to complete the activities of daily living for the new mom.

Postpartum depression puts both the mother and child at risk, as one of the symptoms maybe thoughts of harming the child. If you believe you have postpartum depression, you need to talk to your doctor right away. If you find any signs of depression in your loved one who is a new mother, make sure she sees her doctor or visits a mental health clinic.

Perimenopausal Depression

Perimenopause is a normal phase in every woman's life where menstrual periods begin to wane and the reproductive years come to an end. If you are going through this period in your life, you may be experiencing hot flashes, mood swings, abnormal periods, and other sleeping problems.

Depression can occur during this time for a variety of reasons. It is important to speak with your doctor or a mental health professional if sadness and other depressive symptoms persist for more than two weeks.

Depression Is Treatable

Even the worst cases of depression can be managed, with various treatment options such as psychotherapy, medications, or a combination of these. If these don't reduce the symptoms, ECT (electroconvulsive therapy) and other brain therapies may be something the woman can look at.

Researchers continue to do experiments on depression to improve the way it is treated and diagnosed. As an example, the National Institutes of Mental Health are currently looking at ways to understand how they can translate their findings into new treatments, why some women are at a higher risk for depression than others are, and how changes in reproductive hormones contribute to mood disorders.

In addition to research opportunities for studying depressive women, there are research opportunities for healthy research participants as well. Research participants play an essential role in studies about women with depression.

Depression In Men

While men suffer from depression at a lower rate than women do, it does not negate the severity of their suffering or the prevalence of depression among men.

According to Data from the National Health Interview Survey:

- 9% of US men feel depressed or anxious daily
- 1 in 3 of these men use medication for these feelings
- 1 in 4 men met with a mental health professional

Some symptoms experienced by men during the times of depression include the following:

- Not being able to meet the responsibilities of work, caring for your family, or other essential activities
- Suicide attempts or thinking about suicide
- Overeating or not having any appetite
- Sleeping too much or having insomnia
- Being unable to remember details or not concentrating
- Feeling extremely fatigued
- Having a decreased libido
- Having a loss of interest in work, sex, and family
- Feeling hopeless, irritable, or angry
- Feeling empty or sad
- Men are often unaware of some physical symptoms of depression that include, digestive disorders, headaches and chronic pain



There are several factors that may cause depression in men, including the following:

- **Stress**— work and career stress, problems with relationships, loss of a loved one or divorce
- **Hormones and brain chemistry**—the brains in those people who have depression may be more likely to have changes in their brain scans when compared to having brain scans than those who have not had depression. In addition, the hormones that are associated with mood and emotions can affect brain chemistry
- **Genetic factors**—those men with a family history of depression are more likely to have the disease when compared to family members who don't have the disease
- **Loss of work**

How Is Depression In Men Treated?

The initial step to getting the proper treatment is to visit your physician or a mental health professional. They can do lab tests or an examination to make sure other medical conditions aren't the cause of your depressive symptoms. They can also identify medicines you are taking may be causing your depression.

The doctor needs to get a complete history and physical examination to make sure that there isn't a medical cause for your symptoms. Let the doctor know when the symptoms started and how they

were treated. Let the physician know whether or not you have had depression before and how it was treated at that time.

WebMD reports that men who do not take steps to treat their depression typically exhibit more frustration, anger, and even violent behavior than women do.



Men also tend to fall victim to dangerous risky behaviors, including unsafe sex and reckless driving.

Depression In The Elderly



“CONCERN SHOULD DRIVE US INTO ACTION AND NOT INTO A DEPRESSION. NO MAN IS FREE WHO CANNOT CONTROL HIMSELF.” - PYTHAGORAS

Depression is a serious issue for the aging population. Its symptoms have an effect on every aspect of a senior’s life, including relationships, hobbies, work, sleep, and appetite.

Unfortunately, many of the aging population fail to notice the signs and symptoms of depression or don’t do what they need to do in order to get what they need for their depression.

There are several reasons why the elderly population is so often overlooked:

- The aging population may not want to ask for help or talk about their feelings
- Older people may not recognize that their medical complaints are evidence of depression
- The elderly may be isolated, which can lead to depression itself with not many people around to help
- The elderly may assume you have good reason to be depressed as you feel it is a normal part of the aging process



Signs And Symptoms

The signs and symptoms of depression in the elderly include the following:

- Neglecting personal care
- Slowed movement and speech
- Memory problems
- Fixation on death or thoughts of suicide
- Loss of self-worth
- Sleep disturbances
- Lack of energy or motivation
- Feelings of hopelessness or helplessness
- Loss of appetite and weight loss
- Loss of interest in hobbies
- Feelings of despair and sadness

Many depressed elderly people seem to deny their sadness, instead they complain of physical problems, and decreases in motivation and energy, and so these types of complains, and especially physically ailments such as headaches or joint pain are often the principle symptoms indicating depression in seniors.

It's essential to be aware that there are medical problems in the elderly that can cause depression, either as a psychological reaction to an illness or directly. Any chronic medical condition, especially if it is life threatening, disabling, or painful can make depressive symptoms worse.

Risk Factors

Some conditions that increase risk for depression in the elderly include the following:

- Multiple sclerosis
- Heart attack
- Parkinson's disease
- Heart disease
- Cancer
- Lupus
- Dementia
- Alzheimer's disease
- Vitamin B12 deficiency
- Thyroid disorders
- Stroke

Depression Caused By Medication

Certain medications have the side effect of depression, and this is one area where the elderly are more vulnerable, as they are more likely to be on a variety of prescriptions.

While the depression-related side effects of prescription medications can affect any person, the elderly are more delicate. It's because, as they get older, their bodies become less efficient at processing and metabolizing medications.

Medications that can worsen depression include the following:

- Estrogens
- Painkillers and arthritis medication
- High cholesterol medication
- Steroids
- Heart drugs
- Ulcer medication
- Parkinson's disease
- Calcium-channel blockers
- Benzodiazepines
- Sleeping pills
- Beta blockers
- High blood pressure medications

If you feel bad after taking a new medication, speak with your doctor. You may be able to decrease the dose or the doctor may want you to change to another medication that doesn't affect your mood.

It should never be assumed that a loss of mental functioning is just common in the elderly. It could be evidence of dementia or depression, both of which are common in the aging population. They share some of the same symptoms, including decreased motivation, sluggish movements and speech, memory difficulties, and memory difficulties.

It is very important to see a doctor right away, no matter if dementia or depression is at the root of cognitive decline.

Memory, energy, and concentration can all be improved with treatment if the problems are caused by depression. Treatment for dementia can also improve quality of life, and in some cases, dementia symptoms can be well managed or even reversed.

If you are depressed, you might not want to do anything about it or see your doctor for it. However, disconnection and isolation only make things worse. The more engaged you are, physically, mentally, and socially, the better you will feel about yourself.

Here are some ways you can feel engaged and connected again:

Make time for laughing—laughter is a good mood booster. Tell jokes and humorous stories with your friends and loved ones, read a funny book, or watch a comedy.

Learn a new skill—find something you always wanted to learn or that increases your imagination and creativity.

Volunteer your time—helping others can give you a sense of purpose and can make you feel better about yourself.

Get out in the world—try not to stay at home all day. Have lunch with a friend, take a trip to the hairdresser, or go to a park. When you are depressed, it is difficult to do anything, as you have no motivation. However, what you do and how you spend your day has a significant impact on depression. The more you take care of yourself, the better you will feel.

[I, Dr. Christine Sauer, know about depression. I had it. Watch my story and contact me for a free chat about your situation and see if I would be the right person to help you.](#)

Co-occurring Disorders

There are many factors that cause depression and it can also stem from or co-exist with certain medical conditions.

According to the National Institute of Mental Health, depression is featured alongside the following medical conditions:

- Post-traumatic stress disorder (PTSD) – According to the Anxiety And Depression Association Of America, 7.7 million adults or 2.5% of the population has PTSD. It is more prevalent in women than in men. Rape is the most common trigger of this type of depression, in fact, 45.9% of women and 65% of men who are raped will have PTSD. Childhood sexual abuse is one of the strongest predictors for a diagnosis of PTSD
- Cancer and treatment for cancer
- Drug abuse or addiction
- Eating disorders
- Parkinson's disease
- Heart disease or those who have had a heart attack
- Surgery
- Diabetes



Surgery

Some anxiety is normal before having surgery. It is also common to have depression after surgery as well before surgery. Right after surgery (or even many months later), you may have signs and symptoms of depression because of endocrine changes, a sense that the people around you don't understand what you have gone through, mortality or loss, the effects of anesthesia, and uncertainty around your health.

Heart Disease

Depression can also be both the result of heart disease and the cause of it, and the word “co-morbidity” is usually used to describe the relationship between the two of them. Depression is common and is a big risk factor for developing heart disease. It can be linked to cardiovascular disease in the future.

Recovery from heart disease has also been shown to be interfered with by depression. This isn’t surprising as depression is linked to the same things as cardiovascular disease, such as social isolation, poor diet, alcohol or drug abuse, or inactivity.

When depression is linked to heart disease, there are certain things you can do to help you feel better, including stopping drugs and alcohol, getting social support, getting enough sleep, and getting plenty of exercise.

Cancer

Depression can come out of a diagnosis of cancer. As a cancer patient, your families and healthcare providers focus on other aspects of the disease and not the depression. There are many links between cancer and depression, and your doctor should know about them.

Some cancer treatments can cause depression. Mood changes can occur as a result of some cancer treatments, such as interferon and steroids. These medications can contribute to psychosis, anxiety, and depression. Many of the same side effects of fatigue or poor appetite are seen in both depression and cancer.

Diabetes

People can suffer from diabetes and depression at the same time. Being anxious about having diabetes can lead to depression as can the stress of dealing with a treatment plan. Worrying about the consequences of disease can also lead to depression.

Suicide Rates Related To Depression

- Among the entire population, suicide is the 10th leading cause of death in the US. This means that about every 12 minutes, someone takes his or her own life or about 117 Americans each day.
- 90% of all people who die by suicide have some form of mental illness at the time they committed suicide.
- The Centers For Disease Control report that more than 4 times as many women attempt suicide when compared to men, but men are more likely to succeed.
- White American males age 85 and older have the highest suicide rates as compared to any other demographic, and that rate is 4x the population as a whole; 51 out of every 100,000 white men age 85 or older attempt and succeed at suicide each year.



Recovery Is Possible



“THE GREATEST ACHIEVEMENT OF MY LIFE WAS REACHING FOR THE BRIGHT SIDE AND BEATING DEPRESSION” - ANONYMOUS

Clinical depression also goes by the name “major depression.” It is a mental health condition that involves thoughts, mood, and the physical body. Clinical depression affects the way you sleep and eat. It affects those around you and the way you feel about yourself. It can even affect the way you think.



Individuals who are depressed can't just pull themselves together and decide they feel great again. Without proper treatment, including psychotherapy and antidepressants, depression will not just go away.

Depression Is Treatable

It isn't always easy to recover from depression, it can be as scary and unpredictable as the depression itself, and it can also be very difficult for a depressed person to pull himself up long enough to get help.

Unlike a cold or the flu, where you have some idea of what to expect and how quick you will feel better, depression recovery is hard to predict and everyone's recovery is different.

Sometimes it takes just a few weeks or months, while at other times depression is a long-term condition. For as many as 30% of sufferers, the symptoms never go away entirely.

The good news is that generally, depression is treatable and manageable, and it is critical to seek medical attention as soon as possible to begin the recovery process.

The National Mental Health Association reports that 80% to 90% of sufferers of major depression do well after getting some kind of treatment for their depression.

The longer depression is ignored the more problems can arise.

The Effects Of Untreated Depression

According to WebMD, untreated depression is considered a disability as it can make sufferers unable to function in all aspects of their lives, including, family, work, and social.

- When untreated, clinical depression can be as costly to the US economy as AIDS or heart disease
- Responsible for more than 200 million days lost from work each year
- Annual costs are more than \$43.7 billion as a result of lost productivity, being absent from work and medical care costs
- Untreated depression is a significant problem that may lead to an increased risk of risky behaviors, such as alcohol and drug addiction and death from suicide.
- It can also make it difficult to overcome serious illnesses, cause problems at work, reduce quality of life and ruin relationships
- Untreated clinical depression can last for years, however, the right kind of treatment can help most people suffering from depression.

Choosing The Right Doctor



“I ALWAYS WANTED TO SEE PEOPLE'S LIVES TRANSFORMED FROM DEPRESSION AND ANXIETY TO JOY AND PEACE. ” - DAVID D. BURNS

Your mind is like a muscle. When seeking the right therapist or doctor, find someone who will adequately treat your depression and can get you into better shape.

A good therapist or doctor for depression is a lot like a good massage therapist. They recognize the current state of the patient and help guide him or her gently through the recovery process, without giving them more than they can handle. Help for depression can include prescription medications, psychotherapy, health and life coaching, nutritional supplements, nutrition and lifestyle changes. Be patient. It takes time to heal.

There are several choices in mental health professionals, and credentials vary among these individuals:

Psychiatrists – these are medical doctors (MDs) who are trained in mental health treatment and diagnosis and are allowed to prescribe medication.

The type of services they provide will vary, some only offer medication management while others will do both talk therapy, and manage medications.



Licensed Therapists – these professionals are trained in mental health treatment and offer talk therapy:

- PhD, doctorate level education, referred to as clinical psychologists
- Masters Level Education
 - MFCC (marriage, family, and child counselor)
 - LMFC (Licensed Marriage Family Counselor)
 - LMFT (Licensed Marriage and Family Therapist)
 - LPC (Licensed Professional Counselor)
 - LCSW (Licensed Clinical Social Worker).



The above professionals aid the depressed person in focusing on emotions, behaviors, and things that contribute to depression and help them work through any issues they might have in order to recover. With the exception of specially licensed PhD's in some states, these types of therapists cannot prescribe medication.

Many people use both a psychiatrist, who manages medication and a licensed therapist for psychotherapy.

Naturopathic Doctors

Some naturopathic doctors have training in mental health disorders and can contribute to a faster recovery.

Health and Life Coaches

Some Health and Life coaches specialize in depression recovery and can help with recovery.

[Contact us for more information](#)

Multi-qualified Specialists

There are a few specialists that are as well MD's as ND's and also have lived experience with depression and recovery as well as experience with coaching and motivating others by talk therapies.

Dr. Christine, <https://DocChristine.com>, is one of those individuals. (retired MD and ND, Cert. Brain Health Professional, Health and Life Coach)

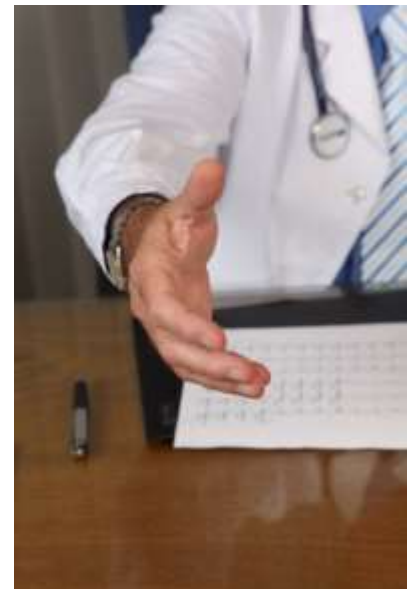
Contact her at info@docchristine.com

How do you find the right professional for depression treatment?

They should have the proper training and credentials, you should feel comfortable with them, they should create a safe place for you to discuss your most personal thoughts and issues, and you should feel that they are helping to guide you in the proper direction.

Criteria For Finding The Right Therapist or Psychiatrist

- Find someone who can provide the services you need
- Ensure you feel a good connection
- Ask them about their approach to treatment
- Find someone who will collaborate with you
- Find someone that you trust, and that is supportive to your plight
- Find someone who will give you clear guidelines for treatment
- Find someone who listens to your concerns and answers your questions



Often, when exploring personal issues and personal development is the goal, the best therapists are those who talk less than the patient does. Don't settle for just any therapist if you feel that you are not a good match, go see another provider.

[Book Your FREE chat with DocChristine today!](#)

Conventional Medicine Options For Treatment



“JUST LIKE OTHER ILLNESSES, DEPRESSION CAN BE TREATED SO THAT PEOPLE CAN LIVE HAPPY, ACTIVE LIVES. “ - TOM BOSLEY

The most common treatment for your depressive symptoms includes a combination of antidepressants and psychotherapy.

Antidepressant Medication

SSRIs or Selective Serotonin Reuptake Inhibitors are prescribed by a doctor and are the most common medications used for depression with the exception of certain conditions, such as bipolar disorder that calls for different medications. There are also other antidepressants available.

Usually, it is an imbalance of the mood regulating neurotransmitter, serotonin that plays a key role in depression and SSRIs decrease the reuptake of serotonin in the brain, leaving more of it inside the brain.

SSRI Medications

- Fluoxetine (Prozac, Sarafem)
- Citalopram (Celexa)
- Escitalopram (Lexapro)
- Paroxetine (Paxil, Pexeva, Brisdelle)
- Sertraline (Zoloft)
- Fluvoxamine (Luvox)
- Trazodone (Oleptro)



SSRIs may have some side effects, including, sexual problems, headaches, nausea, but not everyone will experience these, and they do lessen over time. Doctors will advise patients about these, and it is important to note that medical experts agree that the benefits of antidepressants far outweigh the risks, and careful monitoring by a doctor helps to decrease the possibility of side effects.

Psychotherapy

Psychotherapy also known as “talk therapy,” is utilized to treat people with mild or moderate types of depression.

CBT - Cognitive behavioral therapy is the most favored type of treatment in healing depression. It helps guide patients to see how their behaviors and thought processes drive their depression. The therapist helps the patient change unhealthy coping skills and patterns, with the end goal of a healthier individual and a reduction in depression and its symptoms.

Interpersonal Therapy - Interpersonal therapy is another option for depression treatment and places a focus on relationships with others and their effect on the patient.

Others – There are many other variations of psychotherapy available that are used less often.

PTSD specific treatments are varied, and since depression often accompanies PTSD, choosing a PTSD trained specialist is optimal.

Dr. Christine offers several techniques to help with PTSD, Havening Techniques® and the Rewind Technique. [Contact me today](#)



Psychotherapy and Coaching Versus Medication

Every person is different and so is their experience with depression and recovery from it, this means there is no "one-size-fits-all" treatment, and so it is important that you find what works best for you, in terms of both medication, coaching and psychotherapy.

Typically, a team effort, a combination of antidepressants, psychotherapy and qualified coaching is best for successful treatment outcomes.

Antidepressants may work faster than coaching or psychotherapy, which takes more time and effort on the part of the patient but can actually be more effective as it instills significant behavioral changes and coping skills that the patient can utilize for the long-term.

Compared with psychotherapy, coaching may be more cost-efficient and is often delivered by individuals qualified in other ways and with a unique perspective. As always, it is buyer beware.

Often, in less severe cases, health and life coaching can be more efficient as other forms of therapy and work on the long run to improve life as a whole for a reasonable cost.

Talking, whether coaching or structured psychotherapy, also provides another invaluable benefit over medication in that it allows people to deal with any underlying issues that may have caused the depression, such as childhood emotional issues, sexual abuse, trauma or grief and loss, just to name a few. Dealing with such issues is critical for long-term mental and emotional health.

ECT

ECT can also be used. It is a special procedure in which an electric current is used to give the patient a seizure, which effectively treats their depression. It can lead to very serious side effects and should only be used in the most severe and untreatable cases.

HRT

Hormone replacement therapy can also be used for women who suffer from depression in their menopause years. Depressive symptoms are much more common in the postmenopausal years

because changes in mood are all connected to enormous decreases in hormone levels that occur during perimenopause and so HRT can be helpful to women in treating their depressive symptoms.

Newer and Emerging Therapies

Newer Therapies are being developed constantly, whether that may be magnetic resonance therapy, ketamine infusions, psilocibin and others

Demand And Fight To Be Your Best

If you have suffered from depression and are feeling OK once again, you may simply be happy to just be able to go to work and function on a day to day basis. You may figure, “hey, happiness is nice, but I will take what I can get.”

Think again!

You should never accept just feelings “less miserable.”

You deserve more!

Say it aloud, “I deserve so much more.”

It is true...

You deserve to be happy

You deserve to be totally and completely well

You deserve to have the best quality of life possible

You deserve all that and more!

Fight, fight, and fight some more to get there

NEVER SETTLE FOR JUST OK

Use all the remedies at your disposal, including mediation, talk therapy, lifestyle changes, alternative medicine and yes, your own mindset to become your very best once again!

Alternative & Home Therapies

“TO GET RID OF DEPRESSION, I SWIM WITH DOLPHINS.” - PATTI STANGER

Having depression can sometimes make you feel helpless. You aren't. Along with medications, therapy and coaching, there is much you can do on your own to deal with your depression. Changes in your behavior, such as your way of thinking, lifestyle, and physical activity are all alternative treatments for depression.

Alternative therapies can sometimes provide relief that traditional western medicine cannot, at the very least, they provide you with self-help options that can make recovery more successful and improve your quality of life. Some alternative treatments have already been accepted into traditional western therapies.

Targeted Supplementation, and Orthomolecular Medicine can completely heal depression in some cases.

Self-Help Methods To Manage Depression

Find a routine. If you have depression, create a routine. Having a routine makes you more stable and less likely to feel depressed.

Set some goals. When you have depressive symptoms, you may feel as though you can't get anything accomplished, and this contributes to low self-esteem and feelings of worthlessness.



To push back, set a daily goal for yourself. Start extremely small and choose goals that you will be successful with.

Exercise more often. Exercise naturally stimulates the release of feel-good chemicals in the brain known as endorphins. Regular physical activity also has other benefits for those who have depression, such as encouraging the brain to rewire itself in many positive ways. You don't need to run a marathon; you just need to walk a few times a week. Participating in moderate level activity is actually more useful than high intensity exercise, which elicit a stress response in the body.

Eat healthier. There isn't any magic diet that can help you overcome your depression. You need only watch what you eat. If depression makes you eat too much, being in control of your dieting will improve your outlook. Plan your diet around whole foods, and avoid junk and processed food that is loaded with sugar and unhealthy fats. Some foods that are recommended for depression, include those high in omega 3 fatty acids, such as salmon and tuna, and also avocado and spinach which provides folic acid.

Get plenty of sleep. Depression can make it difficult to get enough sleep and insomnia can make depression worse. Try not to take naps as this only makes it harder to get to sleep at night.

Sleep inducing yoga poses performed right before bed can be very relaxing and also meditation at bedtime can help calm the mind and help you get to sleep.

A relaxing bedtime ritual followed consistently can train the body to know it's time for bed, this can include taking a bath or reading by candlelight. Make sure to speak with your doctor about your sleep issues.



Social Wellness - Being connected to people is one of the best ways to manage depression, as isolation makes it worse. Make every effort to spend time with family and friends, even when it seems very difficult and may be the last thing you want to do.

Try taking on some responsibilities. When you have depressive symptoms, you may want to isolate from life and give up your responsibilities and work at home. You shouldn't do that. Having daily responsibilities and staying involved can help you have a lifestyle that can help you overcome depression so you can have a healthy lifestyle.

Get rid of negative thoughts. When fighting depression, much of the work is changing how you think. When you are depressed, you think of the worst possibilities, practice the art of positivity every single day. Positive affirmations repeated several times a day can help.

Always check with your doctor before trying any supplements. There is evidence that using supplements like sAMe, folic acid, and fish oil can help with depression.

Try something new. When you are depressed, you tend to be in a rut. Try doing something different. Pick up a book and read it outside or go to the theater. Volunteer somewhere or take a community action class.

Self-Talk. The next time you feel awful about yourself, use logic as a natural treatment for depression. You may feel like no one cares for you but there isn't any evidence for that. You might feel really worthless but is that really likely? It can take some practice but you can eliminate those negative thoughts before they get out of control.

Love yourself. Getting daily hugs, finding something to laugh about, and practicing gratitude, have all been found to be beneficial in maintaining a positive outlook, staying happy, reducing stress, and preventing depression.

Complementary All-Natural Remedies



**“ART SAVED ME; IT GOT ME THROUGH MY DEPRESSION AND SELF-LOATHING,
BACK TO A PLACE OF INNOCENCE.” - JEANETTE WINTERSON**

The following methods have been shown to be helpful in helping to manage depression, especially when combined with conventional medical care.

- Regular Meditation
- Yoga
- Massage Therapy
- Guided Imagery
- Music Therapy
- Acupuncture
- Aromatherapy
- Biofeedback
- Hypnosis
- Relaxation Therapy
- The Emotional Freedom Technique (EFT)
- Mindfulness
- Progressive Muscle Relaxation (PMR)
- Tai Chi
- Deep Breathing
- Mantra
- Neurostructural Integration Technique (NST)



13 Ways To Avoid Stress When Managing Depression



“BEING IN GOOD PHYSICAL SHAPE IS THE BEST WAY TO COMBAT DEPRESSION. YOU JUST HAVE ENDORPHINS RUNNING AROUND YOUR BODY. IT IS THE BEST ANTI-DEPRESSIVE THAT THERE IS. “- CHRIS PRATT

Stress has both direct and indirect effects on a person. Both the direct and indirect effects of stress can lead to depression. Directly, stress leads to irritability, sleep disruption, and cognitive changes. Indirectly, stress disrupts a person's normal coping mechanisms, disrupts relationships, and disrupts routines and can lead to unhealthy coping. All of these things can lead to depression and make depression much more difficult to manage.

1. Identify Your Own Stress

It is very important to understand your own stress responses. This means being mindful of what situations, or life struggles lead you to become stressed, so that you can tailor your life accordingly and avoid or plan for these situations.

Keeping a journal is a good way to identify what stresses you out, and remember that these things can vary based on other criteria like your fatigue level.

When you learn to manage stress, you will greatly improve your mental health and arm yourself against depression.

2. Regular Relaxation Is Key

Many people neglect to schedule time to relax when planning their schedules. To help you deal with the negative stressors in your life, it is important to be conscious of and make a deliberate effort to schedule relaxation, whatever that might mean to you. Regular relaxation promotes mental health and reduces stress.

3. Reduce Your Demands

Over commitment is one of the most significant causes of stress. Instead, be prepared to and learn to say no and make yourself a priority. Often, many of us believe that we are super heroes that can fly around taking care of everything we need to, but in reality, this is a quick road to burn out, so make sure to consider this in your life.

4. Get Enough Fun

Plan your day to include something that gives you pleasure.

Having something to look forward to is very helpful in getting through tasks that are not so pleasant or are causes of stress. This can be anything from coffee with a friend to reading a book, as long as it is something that you enjoy.

5 .Think Positive

Reward yourself when you are successful and try not to dwell on failures. Accept that everyone, including you, has limits and cannot succeed at everything. Instead of allowing your mind to be consumed by the things you struggle with, focus on the things you do well.

6. Be Assertive

When people are trying to put more stress on you, assert yourself in a positive, non-threatening way. Recognize that accepting the demands people try to place on you is a matter of choice, and you don't need to take on everyone's stress as your own.



7. Manage Your Time

Time management is a skill that eludes many as we are caught up in the hustle and bustle of daily life. Becoming overwhelmed without any structure or direction can easily lead to a lack of time for relaxation and self-care, which can lead to depression. Take the time to consider this in order to better manage stress and reduce your risks for depression.

8. Take Care Of Your Wellbeing

Coping with stress is easier when your body is healthy. If you are in poor health, that in itself can be a major source of stress in your life, so ensure that you are taking the time to get some physical exercise to improve your muscle control, feel healthier and increase your self-esteem. Improving your diet and avoiding stimulants can also enable you to feel less anxious and stressed out.



9. Reach Out For Support

If you are having problems that you are struggling to cope with, don't try to handle it all alone; you can talk to a friend or family member, or if the stress is work related you can speak to a manager or your employer to possibly lessen the load. A good therapist is a wonderful resource and regular counseling sessions can help you to maintain an optimal level of mental health.

Most people are going to suffer from stress at some point in their lives. Understanding what causes you stress and how you can avoid those situations will go a long way towards minimizing your stress levels. While you aren't likely to be able to avoid stress completely, learning to cope with stress in a healthy way can help you to ensure that your stress doesn't turn into depression.

10. Cut out alcohol and cigarettes completely if you can

You will live longer and feel better!

11. Send yourself love and compassion

Be very gentle with yourself and treat yourself to some healthy feel-good activity like getting a massage or going to a yoga class.

12. Make sure you are exercising and getting plenty of fresh air

A walk in nature can be very beneficial in reducing stress and managing depression.

13. Meditation is one of the most effective ways to reduce stress

Final Thoughts



“I’VE HAD SOME DARK NIGHTS OF THE SOUL, OF COURSE, BUT GIVING IN TO DEPRESSION WOULD BE A SELLOUT. A DEFEAT. ” - CHRISTOPHER HITCHENS

Depression is a real mental disorder and is extremely common. Depression can interfere with your ability to enjoy your life, eat, study, sleep, and work. Although the causes of depression are still being researched, it is known that depression is a combination of psychological, environmental, biological, and genetic factors.

Anyone suffering from depression needs some form of medical and/or mental health intervention in order to get better

People in your life, such as family members and friends may tell you to just “snap out of it,” but depression isn’t a sign of a person’s character flaw or a personal weakness. The truth is that depression needs medical and psychological individual attention in order for it to get better.

If you are a family member or friend with depression, you can offer emotional support, encouragement, patience, and understanding.

Depression IS treatable, don’t ignore it or delay getting help, your life and its quality really does depend on it - Stay well and take care!

“It is Never Too Late to Start Living Your Best Life!”

Get help by an expert like Dr. Christine. Contact DocChristine.com

