

Knowing Depression (in another way)

Apart from all the things and posts, conversations happened after we lost an amazing human – Sushant Singh Rajput – whose real story is yet unclear and can be having hidden truths, but we are made to think and talk about depression and mental troubles once again!

But let's think of it in some new way (we all are much fed up of Whatsapp University scholars, to teach us how to identify, understand, and solve a depressed mind.

Let us see the word: 'Depression', which is like 'De-Pression';

Depression means – (traditional meaning):

A mental condition characterized by feelings of severe despondency and dejection, typically also with feelings of inadequacy and guilt, often accompanied by lack of energy and disturbance of appetite and sleep.

But what if we think a little other way (just out of random thoughts) –

Depression as 'De-Pression' which mean, Remove/Cancel Pression.

Ques: What is Pression?

Ans: Pressure or an act of applying pressure. --- (asked google :P)

Ques: So that means in general manner, we are under 'Pression' state?

Ans: Let's think back of general science we all studied in school; Pressure, atmosphere, gravity, laws of motion, and many things.

Being on earth, we are always under huge pressure applied by atmosphere onto us, then how we are not squeezed down right? Because our own body exerts equal amount of pressure in the exact opposite direction and magnitude, that is the reason, the net effective force on us is just gravity (that too in accordance to our altitude). Thinking of this in mind functioning – we were under pressure(stress), but both positive and negative and thus effective force is zero – giving us a sense of balance, calmness and peace. Sounds simple right?

Things go up and down as we live, learn and grow...

Change is inevitable and prevails in every natural form, being human (Homo-Sapiens), we also fall under this system that runs on the fuel of '**change**'.

We live, learn, grow, but in what aspect or direction we grow, defines your next state of living.

- Growing under thoughts of confusion and doubts, resultant state is of insecurity.
- Growing under thoughts of clarity, understanding, and belief, resultant state is of calmness, sense of connection with universe, and enlightenment.

Thereby, our physical being might need extra care, nutrition, treatment for healing and self-care. But our Spiritual and Mental Well-being, is completely in our hands, that simply needs some practice, belief, and patience to control and master them :)

It is not that you have to attain a rank/number to prove that you are alive and growing,

What you need is **not a measurement** of self-being,

But a Vector that has a good **direction** and a **magnitude** to keep going...

“ If you can't fly, then run,
if you can't run, then walk,
if you can't walk, then crawl,
but whatever you do,
you have to keep moving forward.

- **Martin Luther King Jr.** ”

Thanks for reading, Have a peaceful life!

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